

FARE? AIRLINES MADE \$3.4B FROM BAG FEES IN '10 **7**

express

www.expressnightout.com

LIPOSUCTION-TUMMYTUCK.COM
Unwanted Fat Removed Permanently!

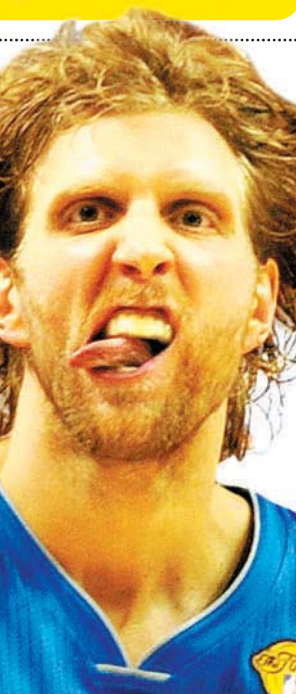
FREE Diet Management
FREE B12 Shots
0 Down, 0 Interest, 100% Financing
Gov/Military Discounts
No Credit Check/Guaranteed Financing
Payment plans

**SPECIAL
ENDS
SOON!**

vita
SURGICAL GROUP
www.vitasurgical.com
202.452.1332 24th and I St., NW
703.523.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
301.738.6766 Oxon Hill

Before
After

Tuesday



R THE WIN

ark and the Mavs
ake a new name for
emselves: champs **17**

D LINE SCARE

Virginia woman
committed after a
etro bomb threat **15**

EE FOR ALL

ter 40 years, the
ire Pentagon Papers
e released online **3**



78 60



EXTENDED FORECAST, SEE PAGE 37

JUNE 14, 2011 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

The economy just
needs more time to
recover, according
to experts who warn
against any new
government action **11**

**WAIT
FOR
IT...**

GETTY IMAGES/EXPRESS ILLUSTRATION



eye openers

AN TEENS

Write Fat Headline Later]

Wenatchee High School in Wenatchee, Wash., cut a batch out of 1,100 yearbooks to remove an offensive caption that used words describing weight to identify freshman girls, instead of their names. Yearbook adviser Jeanette Marantos told the Wenatchee World she believes it was not malicious and that the caption writer intended to fill in the names.

(AP)

WINNING WILD

ing Calling Itself ars in Stripes' rrorizes Townsfolk

When zebras are running loose after escaping from a farm near Brownsville, Tenn., owner Nancy Bain told WREG-TV the animals pushed over her 6-foot fence and escaped about two weeks ago. Staff from the Missouri Zoo were able to capture a male zebra, born after the escape, but one stallion, four females and two colts remain at large. (AP)

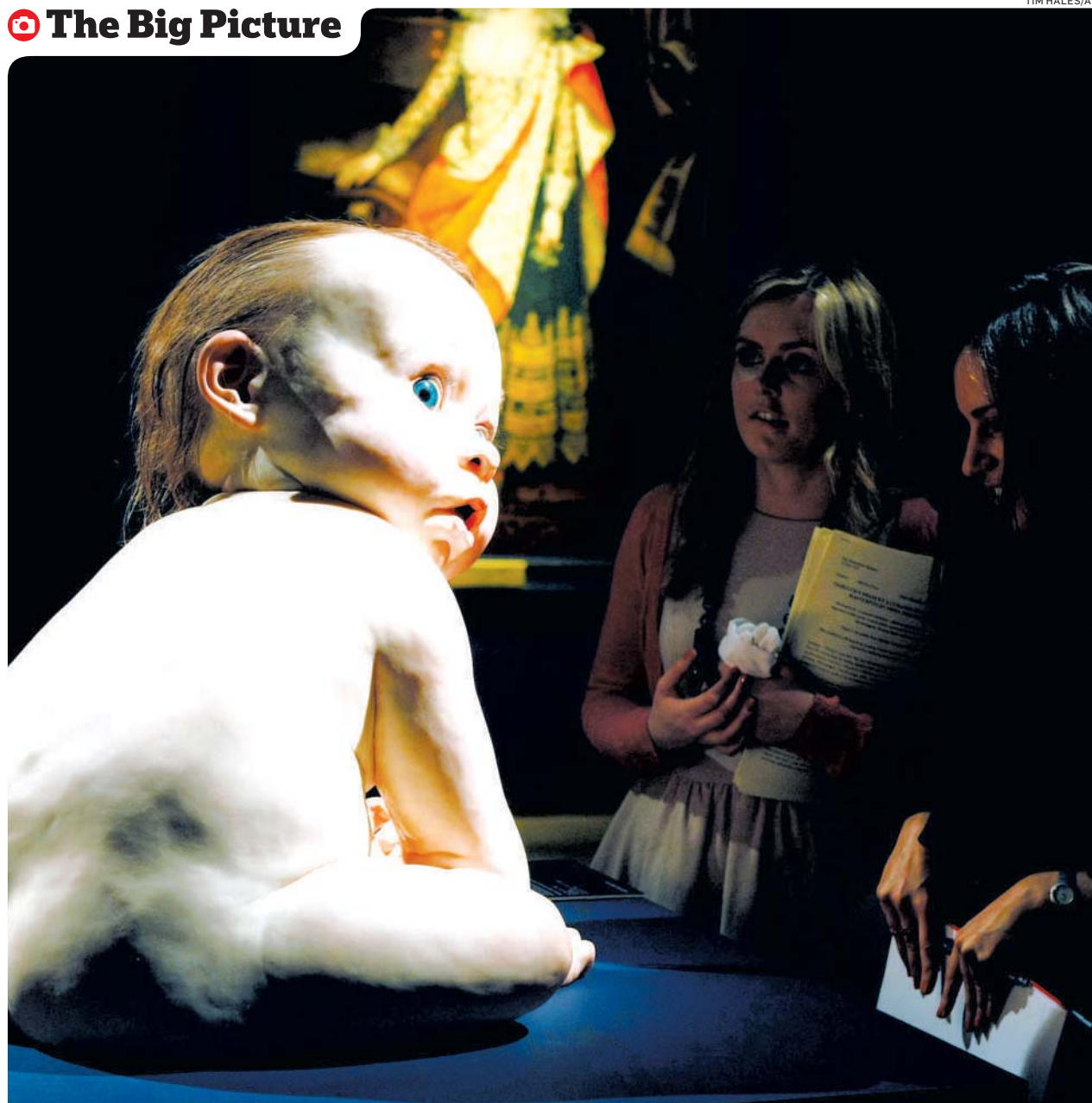


IMAL HUSBANDRY

Peep Sues School District

A school in Cartisle, Pa., has a woolly plan to keep its lawns neatly trimmed. The school district says it can save up to \$15,000 a year by turning over some landscaping chores to sheep. The Patriot-News of Harrisburg reports the district is using the sheep to keep the lawns near its solar panels neatly trimmed. (AP)

The Big Picture



HORRIFYING ART LOOKS IN THE MIRROR: The Ron Mueck sculpture "Big Baby" is displayed during a masterpieces exhibition at Christie's auction house in London Monday. The sculpture is expected to fetch more than \$1.6 million and will be sold along with works by Michelangelo, Picasso, Monet and Gainsborough. (AP)

Regus®



Fully furnished offices.
Flexible terms.
That's the new way to work.

Visit our new location at 2200 Pennsylvania Ave.
Opening June 27

1-800-OFFICES | regus.com

The Original, Low-Tech WikiLeaks

Pentagon Papers are made public decades after being leaked

Washington

It's the granddaddy of WikiLeaks. Decades ago, a young defense analyst leaked a top-secret study packed with damaging revelations about America's conduct of the Vietnam War.

On Monday, that study, dubbed the Pentagon Papers, finally came in complete form, released by the National Archives in full and online. It's a touchstone for whistle-blowers everywhere and the sort of leak that gives presidents fits to this day.

The documents show that almost in the opening lines, it was apparent that the authors knew they had touched a hornet's nest. In his Jan. 1969, confidential memorandum introducing the report to the defense chief, the chairman of the Joint Chiefs of Staff wrote: "The force that produced the study was aware of the explosive nature of the contents. Writing history, especially when it blends into current events,



Daniel Ellsberg, who leaked the Pentagon Papers, talks to the media in 1973 in L.A.

Echoes of Today Found in Missing Pages

The declassified report includes 2,384 pages missing from what was regarded as the most complete version of the Pentagon Papers, published in 1971 by Democratic Sen. Mike Gravel of Alaska. But some of the material absent from that version has appeared elsewhere. One volume missing from the Gravel edition and released Monday details U.S. miscues in training the Vietnamese National Army from 1954 to 1959. The U.S. sent more than \$2 billion in aid to Vietnam then, nearly 80 percent for security. In words that echo today's laments about money misspent in Iraq and Afghanistan, the report says the U.S. did not get much in return. "Very little has been accomplished," the volume says. (AP)

especially where that current event is Vietnam, is a treacherous exercise," Leslie H. Gelb wrote.

When asked by Defense Secretary Robert S. McNamara to do an "encyclopedic and objective" study of U.S. involvement in Vietnam from World War II to 1967, the team of three dozen analysts pored over a trove of Pentagon, CIA and State Department documents.

Their work revealed a pattern of deception by the Lyndon Johnson and John F. Kennedy administrations, and prior administrations as they secretly escalated the conflict while assuring the public that, in Johnson's words, the U.S. did not seek a wider war.

Prepared near the end of Johnson's term by Defense Department and private analysts, the report was leaked primarily by one of them, Daniel Ellsberg, in a brash act of defiance.

To this day, Ellsberg regrets staying mum for as long as he did. His message to whistle-blowers now: Speak up sooner. "Don't do what I did. Don't wait until the bombs start falling." CALVIN WOODWARD AND RICHARD LARDNER (AP)

In Brief

RESERVE, N.M.

Fight Against Ariz. Fire Moves to N.M. Border

Crews who've been battling a massive wildfire in eastern Arizona for two weeks shifted their focus Monday to New Mexico, where they lit fires to stop its advance and protect another mountain town in its path. In the opposite corner of New Mexico, winds kicked up flames at a wildfire that had already forced evacuations and closed 20 miles of the main north-south highway through both states. The eastern Arizona fire has been burning since Memorial Day. (AP)

WASHINGTON

White House: Weiner's Behavior a 'Distraction'

Rep. Anthony Weiner's behavior has been "inappropriate" and "a distraction," the White House said Monday as the House returned to work for the first time since eruption of the sexting scandal that has brought calls for the New York Democrat's resignation. Weiner is on a temporary leave of absence, in treatment for an undisclosed disorder at an undisclosed location. (AP)

Correction

In Monday's edition, Express incorrectly ran a photo of Saudi Arabia's King Abdullah with an item about King Abdullah II of Jordan.



Urban Campground: Many visitors to New York plan their trips to include shopping, a Broadway show and a hotel with fresh, clean sheets. But sleeping bags under the stars? Interior Secretary Ken Salazar said Monday that the National Park Service will develop the nation's largest urban campground at Floyd Bennett Field in Brooklyn, a former airport. Salazar said the campground will expand from five campsites to 90 in the next two years. (AP)



Summer Allergies?

Summer is here.

The lazy, sneezy, watery-eye days of summer are here. Tree pollen replaced with mold spores, grass pollen replaced with weed pollen. Fatigue, difficulty breathing, skin conditions or the inability to concentrate may be caused by allergies.

Our physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those painful scratch tests.

Please accept our invitation to visit us and make an appointment today.

Allergy Care Centers
Care for All Seasons

800.287.2829
MyAllergyCare.com

Ballston • Chantilly • Gaithersburg/North Potomac • Laurel • Manassas
Springfield • Sterling • Vienna • Wheaton Plaza • White Flint

OTOX \$199
 Guaranteed Results
 Laser Hair Removal of
 Upperlip/Chin \$45
 Latisse \$79
 Restylane/Juvaderm
 MimiLift, Radiesse & Sculptura
 All procedures performed by a Physician
 DC 202-452-1332 MD 301-738-6766
 VA 703-533-1025
 www.vitasurgical.com

OVERWEIGHT & NO ENERGY
 *Diet Pills *B12/B6 Injections
 *Testosterone Injections
FOGGY BOTTOM CLINIC
 24th & I, NW
FoggyBottomClinic.com
 202-464-5216 (24th & I, NW) • 301-738-0339 • 703-533-0025

Get Belly Fat?
 FREE Treatment -
 LIMITED TIME OFFER:
 til June 15th
 Dr. Berg seen on...
 CBS
 Women's Day fitness
 Call Now:
703-354-7336
 Dr. Berg, DC
 BergWorkshop.com

THE TAILORED MAN EST. 1969
 HONG KONG CUSTOM TAILORS
Suits: \$495, Shirts: \$60
 5243 Duke Street, Alexandria, VA
 Tel: 703-751-7868
 www.tailoredman.com



BECOME AN EXTRAORDINARY LEADER

KEY EXECUTIVE LEADERSHIP CERTIFICATE PROGRAM

THE KEY EXPERIENCE PROVIDES:

- an opportunity to learn collaboratively
- faculty who are scholar-practitioners
- an opportunity to work in a cohort of high-performing peers
- individual leadership development through 360-degree evaluations and one on one coaching sessions

LEARN MORE AT AN INFORMATION SESSION

Thursday, June 23, at 12 p.m.
 National Academy of Public Administration
 900 7th St. NW, Suite 600, Washington, D.C.

Apply now for Fall 2011!
 For more information or to RSVP contact:
 202-885-6256 or keycert@american.edu

american.edu/spa/key

SCHOOL of PUBLIC AFFAIRS
 AMERICAN UNIVERSITY • WASHINGTON, D.C.

**KNOW
WONK**

Nation

The Long Wait for Water

Unprecedented snow has drought-ravaged Southwest celebrating

Las Vegas

Communities below the snow-capped mountains of the West are bracing against the swelling rivers and flooding that come with the spring thaw. In the drought-ravaged cities of the Southwest, however, the deluge is cause for celebration.

There will be more water for Nevada, California and Arizona this year, sparing them from having to take emergency measures, such as water rationing, for at least another three years.

The three states can thank the heavy and, in some cases, unprecedented snowpack in Wyoming, Utah and Colorado. The ripe June sun is sending snowmelt into the Colorado River, its tributaries and Lake Mead, the nation's largest reservoir, located outside Las Vegas.

The water comes at a crucial time for the Southwest. After 10 years of receding water levels that threatened a regional water shortage, this year's melting snows are expected to



The Las Vegas Boat Harbor sits on the constantly changing Lake Mead in May.

"This is obviously really welcome, great news. It's been a godsend."

— JEFFREY KIGHTLINGER, CEO OF THE METROPOLITAN WATER DISTRICT OF SOUTHERN CALIFORNIA, ON THE INFLUX OF WATER FROM UNPRECEDENTED MELTING SNOW.

grow Lake Mead, the chief source of water for the three states and Mexico, by 40 feet or more.

The jubilation in California, Arizona and Nevada is not a case of wishing neighbors ill, only the reality of nature's polarizing impact in the water-poor West. Brutal, prolonged winters in the north produce robust, life-giving water flows in the south.

That cycle had been disrupted for more than a decade as one dry winter after another emptied Lake Mead, which sits on the Nevada-Arizona border and was formed in 1935. Roughly 96 percent of Mead's water comes from melted snow in the upper Colorado River basin states: Colorado, Utah, New Mexico and Wyoming.

CRISTINA SILVA (AP)

72 The number of deaths among on-duty firefighters in 2010, according to the National Fire Protection Association in a new report Monday. The number is the lowest annual total since the safety group began tracking it in 1977. In 2008, there were 105 deaths. James Shannon, the association's CEO and president, says advances in training, equipment and fire codes are major factors in reducing the number of deaths. (AP)

LIPOSUCTION-TUMMYTUCK.com

UNWANTED FAT REMOVED PERMANENTLY!

0 DOWN 0 INTEREST 100% FINANCING • IMAGINE WHAT WE CAN DO FOR YOU! • GOVERNMENT & MILITARY DISCOUNTS AVAILABLE



vita
 SURGICAL GROUP
 www.vitasurgical.com

Free Diet Management & B12 Shots • Comfortable & Quick Recovery
 • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Laser Liposuction/Tumescent
 • Local Anesthesia or I.V. Sedation or General • Guaranteed Financing and Payment Plans Available

202.452.1332 24th & I St., NW (Foggy Bottom Metro)
 703.533.1025 Tyson's Corner
 301.738.6766 Bethesda
 703.465.0666 Alexandria
 410.730.7226 Columbia/Baltimore
 301.738.6766 Oxon Hill

**SPECIAL
ENDS
SOON!**

DC | FAIRFAX | TYSONS CORNER | ALEXANDRIA | COLUMBIA | BALTIMORE



PANCREATIC
CANCER
PATIENTS

1971-2011

No Real Progress
In Survival Rates,
We Cannot
Rest In Peace.

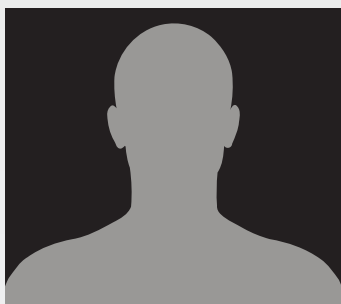
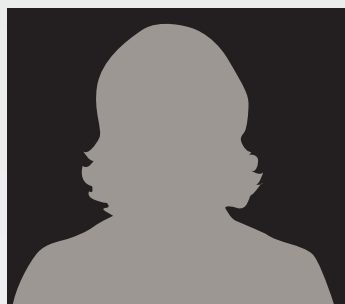
**CO-SPONSOR THE PANCREATIC CANCER
RESEARCH AND EDUCATION ACT (S. 362/H.R. 733)
KNOW IT. FIGHT IT. END IT.**

WWW.PANCAN.ORG



**3 NEW FACES.
3 FAMILIAR FACES.
ONE GOAL.**

Who Are This Season's Challengers?



Six challengers are preparing to spend the next 12 weeks transforming their lives and bodies.

In the end, only one will win the Grand Prize of \$5,000 and a one-year Gold's Gym membership.



Find out June 21.



Follow the Gold's Gym Get Fit Challenge every Tuesday in the Fit section of Express.

express



**Follow the
GoldsGetFitChallenge**

*Total cash prize awarded to the grand prize winner is \$5,000. Total cash prize awarded to the runner-up winner is \$500. One 1 year membership will be awarded to each selected contestant. Limitations may apply. Membership cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 05/16/2011 at 12:01 am Eastern Time ("ET") & ends on 05/27/2011 at 11:59 am Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at www.expressnightout.com/getfit or send a 3.5" x 5" postcard with the required information (including a recent (taken within the last 60 days) photograph) from the contest entry page to: 2011 Gold's Gym Challenge, Express Marketing Dept., 1150 15th Street, NW, 6th floor Main, Washington, DC 20071. Limit 1 entry per person. All entrants will also be entered for a chance to win a one-year Gold's Gym membership. Contest participants will be chosen as explained in official rules. Winner of one-year membership will be selected by random drawing (ARV \$600). Entry period for one year membership sweepstakes is 05/16/2011 at 12:01 am Eastern Time ("ET") & ends on 05/27/2011 at 11:59 am Eastern Time ("ET") ("Entry Period"). Odds of winning will depend on the total number of eligible entries received for contest and one year membership sweepstakes. Contest and sweepstakes are subject to Official Rules; for a copy of Official Rules visit www.expressnightout.com/contests.

Nation

Airlines Collected \$3.4B in Fees in '10

percent increase from 2009 shows reliance on charges

New York

Airlines collected \$3.4 billion in baggage fees last year. The 24 percent increase from 2009 shows how airlines are increasingly relying on charging for once-free services to make money.

The fees — typically \$50 round-trip for the first piece of checked baggage — are one of the few bright spots for an industry that is caught between rising fuel costs and customers who expect rock-bottom fares.

\$952M

The amount Delta made from bag fees in 2010. United and Continental pulled in nearly \$655 million combined, and American netted \$580 million. US Airways made \$513 million.

If it weren't for the fees, the airlines would most likely be losing money," said Jim Corridore, airline analyst with Standard & Poor's. That's little comfort to fliers who've felt nickel-and-dimed by airlines over the past three years as fees have proliferated — as they face higher airfares on packed planes for travel this summer.

"I feel like I am constantly being hit by little things by the airlines," said Lauren DiMarco, a



MATT ROURE/AP

Baggage fees pose an extra burden for fliers facing higher fares this summer.

stay-at-home mother from Wenham, Mass. "We're already paying so much money."

Airlines aggressively raised ticket prices early in the year. But those increases couldn't keep up with the price of jet fuel, now 37 percent costlier than last year. Some more recent attempts at fare increases have failed because passengers have shown resistance to higher fares.

So instead, the airlines focus on fees.

"Unfortunately for the airlines when they try to roll \$50 into the ticket prices, people stop buying tickets," said Rick Seaneey CEO of FareCompare.com.

Many fliers are still unaware of the fees or understand how much they have to pay until they arrive at the airport ticket counter.

"They find out very quickly when they are asked to pull out their credit card," Seaneey said.

SCOTT MAYEROWITZ (AP)



Doomsayer Suffers Stroke

The California radio preacher who predicted the world would end last month was recuperating Monday after suffering a mild stroke, his family said. Doctors have been monitoring the progress of 89-year-old radio host Harold Camping since he was taken by ambulance

in his Alameda home Thursday. Camping's media empire spent millions publicizing the evangelist's Rapture prediction. (AP)



GEORGETOWN
UNIVERSITY
SCHOOL OF CONTINUING STUDIES

EARN YOUR MASTER'S DEGREE

HUMAN
RESOURCES

REAL ESTATE

PUBLIC RELATIONS
& CORPORATE
COMMUNICATIONS
JOURNALISM



LIBERAL
STUDIES

SPORTS INDUSTRY
MANAGEMENT

TECHNOLOGY
MANAGEMENT

BACHELOR'S & DOCTORAL DEGREE LIBERAL STUDIES

Attend an upcoming info session on June 22,
or apply online

SCS.GEORGETOWN.EDU/scswapo7

Priority Application Deadlines

Fall	Spring	Summer
AUG 1	DEC 1	MAY 1

All programs offered by SCS in Clarendon have been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).

Hezbollah Fortified in Lebanon

Militant group rises to prominent role in country's leadership

trust

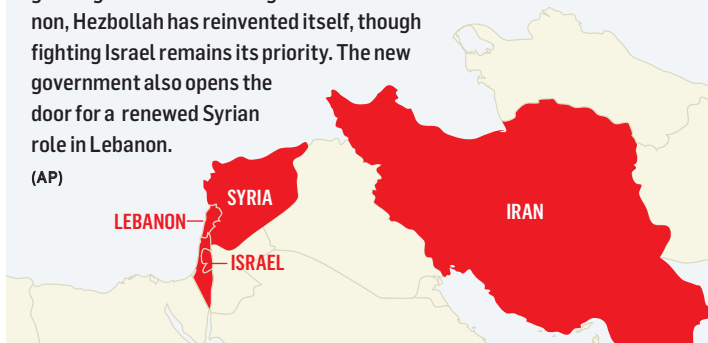
Hezbollah and its allies rose to a position of unprecedented dominance in Lebanon's government Monday, giving its patrons Syria and Iran greater sway in the Middle East.

Lebanon Prime Minister Najib Mikati announced a new Cabinet that gives the militant group and its allies 16 of the 30 seats after the country has operated for five months without a functioning government. The move caps Hezbollah's steady rise over decades from a resistance group against Israel to Lebanon's most powerful military and political force, and could add stability to a region already rocked by anti-government uprisings. Opponents of Hezbollah, which the U.S. considers a terrorist organization, say its control of Lebanon could lead to international isolation. The group's most ardent supporters are Iran and Syria, which dom-

A Troubling Sign

The ascendancy of Hezbollah, an Islamist militant group that formed in 1982 to fight Israel's invasion of Lebanon, is a setback for the U.S., which has given Lebanon \$720 million in military aid since 2006 and has tried to move the country firmly into a Western sphere. It also underscores Iran's growing influence in the region. Once seen as Iran's militant arm in Lebanon, Hezbollah has reinvented itself, though fighting Israel remains its priority. The new government also opens the door for a renewed Syrian role in Lebanon.

(AP)



inated Lebanon for 29 years.

Fadia Kiwan, a political science professor at Beirut's St. Joseph University, said Hezbollah's dominance in the new government could backfire on the group.

"A moderate, national unity government would have offered more protection," Kiwan said.

A Hezbollah-led government would raise tensions with Israel, which Lebanon has had several

major military conflicts with.

The new government is seen as almost entirely pro-Syrian. President Bashar Assad of Syria, who is facing an uprising at home, called twice to congratulate Lebanon on the new government's formation.

The Cabinet still must be formally presented to Parliament for a vote of confidence.

Lebanon's politics are always fractious, in part because of the sec-

Backstory

Hezbollah forced the collapse of Lebanon's pro-Western government in January over fears it would be indicted by a U.N.-backed tribunal investigating the killing of Rafik Hariri, the former prime minister. Hariri's son, Saad, who was prime minister, refused to denounce the tribunal. Hezbollah and its allies then walked out of the government and named Najib Mikati the prime minister. Many in Lebanon fear Hezbollah will react violently if its members are indicted, as is widely expected. (AP)

tarian makeup of the country's government. According to Lebanon's power-sharing system, the president must be a Maronite Christian, the prime minister a Sunni Muslim and the parliament speaker a Shiite Muslim. Each faith makes up about a third of Lebanon's population of 4 million.

Mikati urged the Lebanese to give the government a chance.

"Do not judge intentions and people, but rather actions," he said at a news conference. (AP)

In Brief

MILAN, ITALY

Voters in Italy Issue Berlusconi Another Blow



Premier Silvio Berlusconi received his latest blow at the ballot box Monday, as Italian voters overturned laws passed by his government to revive nuclear energy, privatize the water supply and help him avoid prosecution. The defeat on four referendums was Berlusconi's second in two weeks. (AP)

ADDIS ABABA, ETHIOPIA

North, South Sudan OK Demilitarized Zone Idea

North and south Sudan agreed Monday "in principle" to demilitarize the disputed central Sudan region of Abyei and to allow an Ethiopian peacekeeping team to come in, an official said. Southern Sudan will secede July 9 from the north, but tension has risen over the border. (AP)

AMMAN, JORDAN

Rage Stoked During Visit From Jordanian King

Stone-throwing youths in a southern town exploded in a rare display of anger at rough handling by police during a visit by King Abdullah II on Monday, a symptom of frustration in Jordan even as the monarch moves toward reform. (AP)



Salty Solution: Israel is campaigning to have the Dead Sea, the lowest point on Earth, named one of the natural wonders of the world. But it's also racing to stabilize the fabled salty lake. Israeli officials are endorsing a \$2 billion plan to chip off the salt buildup that's causing the southern basin to rise, threatening one of Israel's key tourism destinations, and send it to the northern basin that's dropping. The proposal awaits a final government approval. (AP)



© Artwork by Donna Butnik

PREMENSTRUAL RESEARCH STUDIES | NIH CLINICAL CENTER, BETHESDA, MARYLAND

Premenstrual Syndrome

Women ages 18 - 50 who struggle with irritability, anxiety, or sadness prior to menstruation are invited to participate in outpatient research studies.

There is no cost for participation. Compensation may be provided.

Please call us. Together we can make a difference.

301-496-9576

TTY: 1-866-411-1010

patientinfo.nimh.nih.gov

Women's Health | Premenstrual Syndrome (PMS/PMDD)

NATIONAL INSTITUTE OF MENTAL HEALTH

NATIONAL INSTITUTES OF HEALTH | DEPARTMENT OF HEALTH & HUMAN SERVICES

WWW.CLINICALTRIALS.GOV

Protocol No. 81-M-0126



JUSTICE

Book 'Em, Indeed

Brazilian legislators have passed an innovative law to deal with overcrowding and high recidivism in Brazil's prisons: One day less in prison for every 12 hours spent in a classroom, Folha de São Paulo recently reported. Brazil already provides for one day less in prison every three days of labor, but the new measure would accelerate the pace at which prisoners may shorten their sentences. (CHRISTIAN SCIENCE MONITOR)



Libyan Rebels' Gains Bolstered

Misrata, Libya

Libyan rebels Monday broke out toward Tripoli from the opposition-held port of Misrata 140 miles to the east, cracking a government siege as fighters across the country mounted a resurgence in their four-month-old revolt against Moammar Gadhafi.

The rebels gained a diplomatic boost, too, when German Foreign Minister Guido Westerwelle on a visit to Benghazi, the capital of the rebel-held east, said the nascent opposition government was "the legitimate representative of the Libyan people."

Still, he stopped short of full diplomatic recognition of the Tran-

No Checkmate

Moammar Gadhafi on Sunday played chess with Kirsan Ilyumzhinov, the visiting Russian head of the World Chess Federation, Libyan state television showed. Ilyumzhinov appeared to be showing the black-clad Libyan leader how to begin the game and then called it a draw. The two men have known each other since at least 2004, when the chess federation held its world championship in Tripoli. (AP)

sitional National Council, as has the United States. Germany has refused to participate in NATO airstrikes in Libya and withheld

its support for the U.N. resolution that allowed the attacks.

What started as a peaceful uprising against Gadhafi has become a civil war, with rebel fighters taking control of the eastern third of Libya and pockets of the west. Gadhafi's power has been considerably degraded by increasing NATO attacks and by military and government defections.

In London, Libyan analysts reported Monday that Gadhafi had lost another close official, who defected and fled the country.

Sassi Garada, one of the first men to join Gadhafi when he took power, left Libya through Tunisia, said Noman Benotman, a Libyan analyst in London. (AP)

Hearsay

"He's my husband; he's not my child. Obviously, we are going to have some conversations in private about these things."

— BRITTA FROELICHER, THE WIFE OF TOM MACMASTER, SPEAKING MONDAY ABOUT HER HUSBAND, THE 40-YEAR-OLD MAN WHO APOLOGIZED ON MONDAY FOR AUTHORIZING THE "GAY GIRL IN DAMASCUS" BLOG UNDER THE FICTIONAL PERSONA OF AMINA ARRAF, A LESBIAN SYRIAN-AMERICAN. A JUNE 6 POST ON THE SITE SAID SHE'D BEEN ARRESTED IN SYRIA. THE STORY QUICKLY UNRAVELED.

Call Today For Our Latest Specials!

Spring Clean SAVINGS!

Offers End June 28, 2011!

From the Experts at **✓Clean**

Air-Duct Cleaning

Removes Dirt, Dander, Dust, Pollen, Allergens, Musty Odors, Construction Debris and **SAVES ENERGY!**

10 Vents, 1 Main & 1 Return

Additional vents \$10ea., returns \$15ea., mains \$50ea. Multiple systems will vary. Written work order and complete system inspection included with this offer.

BEFORE

AFTER



\$79.95

Regularly \$165!

Steam Clean Your Carpets! Carpet Cleaning

Any Size Room:
Free Color Brightener
Free Deodorization
Other Services Available

\$129.95

Per Room 2 room min.

Berber & specialty carpets extra. Heavily soiled carpets may require deep scrub (at additional cost)

Regularly \$199.95

FREE HALLWAY
With 5-room order!

Upholstery Cleaning

Inc. Steam Cleaning, Deodorizer & Mild Detergent

Loveseat

Sofa

\$29.95

\$39.95

Dry clean only. Fabrics & sections priced separately. Dry foam cleaning available.

Water Damage and Mold Remediation

- Mold • Water Damage
- Vapor Barriers
- Insulations
- Transferable Warranty

20% Off

Any Written Estimate



TOLL FREE: **888-431-0312**

MD: 240-841-7100 | VA: 703-383-0828 DC: 202-944-3818 | DE: 302-226-0616



promo code

EX110614

10% OFF

For Senior Citizens & Government Workers!



Monday-Friday
7AM - 8PM
Saturday-Sunday
8AM - 4PM
Licensed/Insured

Call Us First!
And see why **✓Clean** is your best choice:

- ✓ Committed to Customer Satisfaction
- ✓ Modern Equipment & Eco-Friendly Products
- ✓ Trustworthy, Reliable Technicians

World

Syrian Refugees Hurry Toward Safety in Turkey

vecci, Turkey

ans streamed across the border today into Turkey, finding sanctuary in refugee camps ringed by barbed wire.

On Sunday, elite forces regained control of Jisr al-Shughour, a northwestern town that spun out of government control for a week, and residents ran for their lives.

Turkish Prime Minister Recep Tayyip Erdogan has accused Syrian President Bashar Assad's regime of "brutality" but also said he would reach out to Assad to help solve the crisis. Still, many of the nearly 100,000 refugees in Turkey say they expect their government to inflict more violence and pain.

The Local Coordination Committees, a group that documents protests, said government snipers have killed at least 10 people

Meanwhile

Syria on Monday imposed a travel ban on one of the president's cousins, a move that appeared to be an attempt to show President Bashar Assad is serious about investigating the bloodshed. The state-run SANA news agency said the ban was put on Brig. Gen. Atef Najib, who ran the security department in the province of Daraa, where the uprising erupted in mid-March. (AP)

in the village of Ariha in the past two days. More than 1,400 Syrians have died since mid-March, activists say.

In anticipation of more refugees, the Turkish Red Crescent, the equivalent of the Red Cross, began building a fourth tent camp Monday near the border. (AP)

Landslide Ravages Township in China



RESIDENTS SLOG THROUGH A FLOODED NEIGHBORHOOD on Monday after a landslide barreled through the township of Zhanqiao, in China's southern Hunan province, on Sunday. Forecasters are predicting torrential rains to continue in the region this week, and flooding has already killed more than 100 people, Chinese state media reported.

40:41

The amount of time, in hours and minutes, it took Penny Palfrey, 48, to swim the nearly 70 miles from Caribbean's Grand Cayman island to Little Cayman. She is the first to do so unassisted, officials said Monday. (AP)

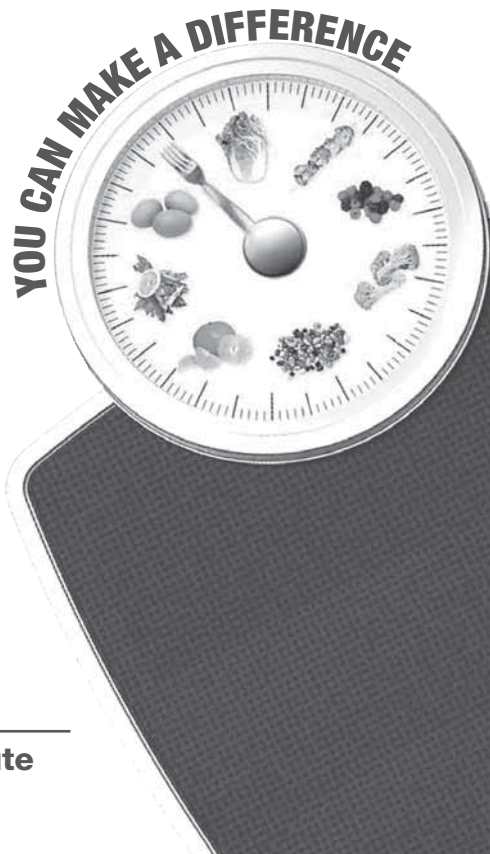
Are you overweight or obese?

Seeking volunteers for clinical weight loss studies.

A relatively small weight loss can have a big impact on your health. Losing 5-10% of your body weight may prevent or delay the development of type 2 diabetes. If you already have type 2 diabetes, losing weight may improve your blood sugar levels and lower your risk for heart and kidney problems.

Researchers want to find out if adding an investigational drug to a program of diet and exercise can help you get your weight to healthier range and maintain it. This will be explored in 2 different trials for which we seek volunteers.

Medstar Health Research Institute
Phone: (301) 560-2929
Email: studies@medstar.net



The Capitol Deal

Today's Deal



Jules Gluten Free

\$29 for New Customer Pack (valued at \$88.60)

Discover the wonderful world of delicious gluten-free baking with a new customer pack from Jules Gluten Free: Contains 1.1 lb. all-purpose flour, cookie, graham and bread mixes, gluten-free oats, *plus* three cooking e-books!

www.julesglutenfree.com

This special deal only available for purchase until 11:59pm, 6/16/11. All Capitol Deals must be purchased at expressnightout.com/thecapitoldeal

Get local deals e-mailed to you, for **FREE**.
expressnightout.com/thecapitoldeal

Delivered to you by: **express nightout**

XD074_a 2x5

The Power of Patience

Experts say the U.S. government should cut back and let the economy rebound

Washington

The best cure for the economy now is patience.

That's the overwhelming opinion of leading economists in a new Associated Press survey. They say the Federal Reserve shouldn't bother trying to stimulate the economy — and could actually do damage if it did.

The economists are lowering their forecasts for job creation and economic growth for the rest of this year, mainly because of high oil prices. A batch of leaked data over the past month have suggested that the two-year-old economic recovery is slowing.

The economists expect the nation to lose 1.9 million jobs this year, about 1,000 fewer than when they were surveyed eight weeks ago. They expect the unemployment rate, now 8.7 percent, to be 8.7 percent at year's end. Before, they expected 8.4 percent.

Despite their gloomier outlook, 36 of the 38 economists surveyed oppose further efforts by the Fed to invigorate growth. The Fed is also ending a program to buy \$600 billion in Treasury bonds to keep longer-term rates low to spur spending and hiring.

The economists say another round of bond-buying wouldn't provide much benefit, if any. And some fear it could make things worse by unleashing high inflation and disrupting markets.

When it buys bonds, the Fed in effect prints massive amounts of money. That extra money raises the nominal value of things we buy, weakening the dollar, and it can create bubbles in the price of stocks and commodities.

What the economy needs most, says Silvia, chief economist at Wells Fargo, is time. Consumers must further shrink huge debts amassed in the 2000s. And the depressed housing market needs time to recover.



CAROLYN KASTER/AP

"We stabilized the economy, we prevented a financial meltdown, and an economy that was shrinking is now growing. ... But, I'm still not satisfied. I will not be satisfied until everyone who wants a good job that offers some security has a good job that offers security."

— PRESIDENT OBAMA, PROMOTING JOB CREATION MONDAY IN POLITICALLY IMPORTANT NORTH CAROLINA.

An Economic Crunch

The Great Recession has continued to wear on the states, as many of them are seeing massive budget shortfalls, prolonged declines in tax revenue and reduced funding for pensions and education. (AP)

12

The number of states that started the year with deficits that were equal to 15 percent or more of their general fund, a state's main checkbook for paying day-to-day operations.

\$734B

The cumulative revenue available for the coming fiscal year. The amount has dropped by about \$34 billion, or 5 percent, from the 2007-08 fiscal year, when the recession began.

\$689.5B

The 50 states' combined total in unfunded pension liabilities and \$418 billion in retiree health care obligations. Five states have unfunded public employee pension liabilities of \$50 billion or more.

11.6%

The average general fund amount dedicated to colleges and universities, but levels vary greatly among states.

19%

Tax revenue in Arizona, hit hard by the housing collapse, remains 19 percent below 2007 levels, the largest difference among the states. Next are California and Florida at 18 percent; and Michigan and Tennessee at 17 percent.

20%

In Illinois, state revenue is 20 percent higher than in 2007 after income taxes were increased by two-thirds, to 5 percent. The \$6.8 billion it is expected to generate will allow Illinois to avoid cuts in some areas and spend money on programs that had been neglected — particularly the state's underfunded pension systems.

"There are no magic bullets," Silvia says.

The responses in the survey suggest that economists underestimated how severely oil prices, which have jumped 26 percent over the past year, and Japan's earthquake and nuclear crisis would hurt the U.S. economy.

The good news is that the economic damage from the Japan crisis, which caused disruptions in supplies of manufactured goods, should be temporary. And the price of gas has been falling since peaking in May at \$3.98 a gallon. It averages \$3.70 a gallon now.

So far this year, higher gas and food prices have erased any pay raises workers are getting. Americans have responded by spending less than they might have on other things, such as clothing. Their spending drives about 70 percent of the economy.

Maury Harris, chief U.S. economist at UBS Securities, said he was surprised how much higher gasoline prices caused people to cut back. He had expected them to reduce savings instead. Harris thinks that means people expect higher gas prices are here to stay. (AP)

CREDIT UNION RESOURCE

Belvoir Federal Welcomes BRAC Agencies



MARK CENTER
NEW BRANCH
OPENING SOON



NATIONAL GEOSPATIAL
INTELLIGENCE AGENCY
WE ARE HERE
TO SERVE YOU



FORT BELVOIR
COMMUNITY HOSPITAL
WE ARE HERE
TO SERVE YOU

Images and Information Do Not Imply Endorsement by DoD or Service Branch.
FULLY INSURED BY NCUA.

We look forward to serving you in the coming months. Belvoir Federal is a people-focused not-for-profit financial institution. We are all about bring the best possible experience to our members and the communities we serve.

We offer higher than average dividend rates on our checking accounts, we rebate ATM surcharge fees nationwide for an unlimited amount, and we reward members with products that allow them to save money on loans as well as make money on their deposit products.

We serve all active duty and retired members of the United States Armed Forces, DoD Civilians, government contractors, associated with Fort Belvoir as we as over 200 select employee groups. For more information please visit our web site.



703.730.1800
www.BelvoirCreditUnion.org
Stay Connected   

Welcome to Agriculture FCU.

For a limited time, finance or refinance your auto with us and receive a gas card worth up to \$200*.

Join online at www.agriculturefcu.org.

*All loans are subject to credit approval. Gas card promotion is a limited time offer, while supplies last. Offer good between 06/01/2011 and 06/30/2011. Existing AFCU loans are ineligible, no exceptions. Certain restrictions and conditions may apply.



Advertisement

CREDIT UNIONS FAQ

What is a Credit Union?

Much like a bank, credit unions offer financial services like checking and savings accounts, car loans, mortgages and credit cards. Some even offer investment services and insurance. The difference is that federal credit unions are non-profit, cooperative financial institutions. They are owned and run by their members.

Why should I join?

You will usually find higher savings rates for savings accounts and CDs, and lower borrowing rates for loans and credit cards, at credit unions. Plus, since credit unions are nonprofit, fees are kept to a minimum.

What does it cost?

Credit unions typically require that you maintain a deposit of around \$5 or \$10 in your "share" or savings account. That's it.

How do I access my money?

Credit unions have branches with tellers, and ATM machines too. You can sign up for a debit card to access your checking account money as well. In practice, there is very little difference between your credit union and a corporately-owned bank.

How do I join?

Find one that fits you. Each credit union serves different groups. For instance: people who work for the same employer; those who live in a specific area; or members of a certain association. Most credit unions allow family members to join as well, so check and see if someone in your family is already a member of a credit union.

Is my money safe?

Yes. Deposits of up to \$250,000 are insured by the National Credit Union Administration. This is the same amount as the Federal Deposit Insurance Corporation insures for each depositor at a commercial bank.

Find out more at mycreditunion.gov



CREDIT UNION RESOURCE

Advertisement

FIVE GOOD REASONS TO JOIN A CREDIT UNION

Credit unions are not in business to turn a profit. They are member-owned not-for-profit institutions. This is one big difference between banks and credit unions, and it translates into a number of good reasons to become a member of a credit union.

1. Excellent customer service: credit unions are interested in keeping you as a member, and in helping you reach your financial goals. When you succeed, the credit union succeeds.

2. Keep more of your money: you will find higher savings rates for your savings account, certificates of deposit, and IRAs; lower interest rates for auto loans, mortgages and personal lines of credit; and credit cards with low or no annual fees and low interest rates.

3. Fewer fees: low cost or free checking with low or no minimum balance requirement.

4. Same services as a bank: direct deposit, ATMs, payroll deduction – but with a volunteer board of directors elected by the members.

5. Additional services: many credit unions offer home buying education, financial counseling, group rates on life insurance, investment services, and other assistance to help you succeed financially.



There are a number of ways you may be associated with a credit union. Check with your employer, fraternal organization, the branch of the military you served for, your trade association, or a community organization.

Search for a credit union at mycreditunion.gov

If you can find a better deal, **TAKE IT!**

ONLINE ONLY!

► Car Loans
Refinanced, New, & Used

2.49% APR

► 12 to 60 months financing for up to \$70,000

► Payment example: \$20,000 loan at 2.49% APR, 60 monthly payments of approximately \$356 each

Apply today.

PenFed.org/DCCarLoan
866.406.5090



Rate and offers current as of June 1, 2011 and are subject to change. Rate dependent on amount borrowed, term, and model year. Rate applies to online applications only. Otherwise, the applicable APR is 3.49%.

Grow more GREEN with VISA® Balance Transfer Switch & Save**!

3.95% APR* for 36 mo.
4.95% APR* for 48 mo.
5.95% APR* for 60 mo.
6.50% APR* for life of the transfer

No
Transfer Fees!

BONUS POINTS!***
Members will receive 1,000 reward points on their cards if they transfer \$5,000 or more!

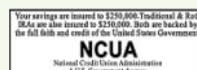


PLEASE NOTE: Transfer must be from outside source.

*Annual Percentage Rate.

**Once you have committed to a rate, you may not change it. If a transferred balance remains at the end of the term, or if account is closed during the promotion, the remaining balance will revert back to the regular rate of the card (Visa Classic: Wall Street Journal Prime Rate + 8.51%=11.76% APR; Visa Platinum: Wall Street Journal Prime Rate + 6.50%=9.75% APR). If you are paying more than the minimum payment and you want the excess payment to be applied to your promotional balance, you must send this extra payment to: Signal Financial VISA Department, 3015 University Blvd., West, Kensington, MD 20895. Other restrictions may apply. Rates effective as of 6/1/11. Business cards are excluded from offer.

***Reward points subject to change without notice.



signalfinancial
Federal Credit Union



FREE IPHONE APP
AVAILABLE NOW AT
THE ITUNES STORE

A Chat With Metro's Mapmaker

Kudos on your original cartogram (and for winning the redesign contract), but I must admit that I was a little dismayed when I read in The Washington Post story that you don't live in the District and haven't ridden on the Metro for many years. What reassurances can you provide us that your design will accurately reflect Washington sensibilities and realities, rather than those of Manhattan?

Probably easier to reflect sensibilities and realities of a city that is not your hometown. The Washington Metro map is not as complicated as the New York Subway map.

James Wyman designed the Metrorail system's map more than 30 years ago.

Q With this new map, can we finally have an end to the obscenely long names like U Street/African-Amer Civil War Memorial/Cardozo? And if we're sticking with names that identify what's actually at stations, let me make a suggestion: U Street/Ben's Chili Bowl.

As was intended in the design of the original map 40 years ago, the thought of station icons as well as names could give you an immediate clue as to important aspects of a station (historical, cultural, landmark, etc.). The names could be short; the visual icon would communicate everyone's language.

Q Please correct me if I am wrong, but the current map is not to scale — or is it? I figured it looked easier to compress the stations into the space provided. If it is not scale, would it make sense to do so, or not? The reason I ask is because out-of-towners might look at an out-of-scale map and miscalculate how far it is to walk somewhere.

The map is a guide for sequence and overall context of the system. It is more an index than a topographical map. The neighborhood maps give the topographical info. Now the map can be a helpful index when translated to interactive media.

Q One of the biggest changes to the Metrorail system since your original design has been the unfortunate explosion in the lengths of station names, driven by local politicians' wanting to throw a bone to local neighborhoods and business owners. While I know that you can't actually change any station names on your own, how much meddling do you expect to receive from local officials who only care about their own pet issues, and is there anything you can do about it?

This is certainly an issue that is on the table. I think we all know that long names are often desired by station neighborhoods, but it is also known that long names make the overall Metro map less effective.

METRO PULSE



In the wake of all of these scandals, is there a D.C. politician you trust?

"I don't know if there's one I trust. Trust is a big word. But Eleanor Holmes Norton, I don't think she would take bribes."

Wendy Cervantes

CLEVELAND PARK

BE HEARD: SHARE YOUR OPINION AT
EXPRESSNIGHTOUT.COM/DCRIDER



Enroll now.

LEAD BY EXAMPLE. MANAGE BY EDUCATION.

To advance your career, you need to understand all areas of fire and emergency services administration, fire prevention and disaster response. Nothing makes that possible like a bachelor's degree in fire service administration from University of Maryland University College (UMUC). Taught by highly respected fire service professionals, the program focuses on managerial skills and covers disaster planning and interagency coordination.

- Courses developed in conjunction with the National Fire Academy and the Federal Emergency Management Agency (FEMA)
- Opportunity to earn credit for what you've learned on the job with our Prior Learning program
- Financial aid and an interest-free monthly payment plan available

FIRE SERVICE ADMINISTRATION

800-888-UMUC • umuc.edu/ladder



UMUC

University of Maryland University College

Copyright © 2011 University of Maryland University College

Bomb Threat on Metro's Red Line

spect 'involuntarily committed' after she panicked passengers

Rockville

27-year-old McLean, Va., woman "involuntarily committed" after she allegedly made a bomb threat aboard a Red Line train Monday morning, panicking fellow riders and causing train delays, according to officials.

The bomb scare took place at 7 a.m. when an eight-car train leaving the Rockville station for Twinbrook, said Metro Transit Department Police Chief Ron Pavlik.



Riders left a train car and walked to the Twinbrook station after a woman made threats.

The woman, whose name was being withheld, dropped to her knees and said, "You killed my fam-

ily. Now I'm going to kill you all," Pavlik said.

Passengers on the train alert-

ed the operator over the intercom, and the operator stopped the train, Metro said.

About 35 passengers exited the stopped train and began walking in the track bed to Twinbrook, Stessel said. Once operators realized passengers were in the rail bed, the power was immediately shut down, he said.

Stessel said the woman was undergoing a mental health evaluation at a local hospital, which can take four to six hours; by Monday afternoon, the woman had been "involuntarily committed" at a facility that "has better resources to handle mental issues," Stessel said. (THE WASHINGTON POST)

Hearsay



"Is it something that's the end-all and be-all? I don't think so, but it's a start."

— MARY CHEH, D.C. COUNCIL MEMBER, D-WARD 3, ON A BILL INTRODUCED MONDAY THAT ADDRESSES ETHICS ISSUES AMONG THE CITY'S LAWMAKERS.

WORK INSIDE THE BELTWAY.

TEACH OUTSIDE THE BOX.

Passionate about challenging all students to do their best? Have a proven record of success? Join the movement to make DC public schools the best in the nation. Apply yourself at www.dcps.dc.gov/teachdc.



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Police: Man Shot at 'Party Bus' in Road Rage Act

Washington

Park Police officials say a bus carrying about 50 passengers was hit at over the weekend on the Annapolis-Washington Parkway in what may have been an act of road rage. No one was injured.

Police say the shooting happened around 3:30 a.m. Sunday when a so-called "party bus" taking the ramp over the northbound lanes of the parkway stopped in the median. A BMW sedan stopped in front of the bus, and a passenger leaned out the window and fired at the bus. (AP)

Rep. Cummings' Nephew Killed In Va. Shooting

Baltimore

A Maryland congressman's nephew was killed and his roommate was critically injured in what the congressman described in a statement as a random shooting at their off-campus apartment near Old Dominion University in Virginia.

Christopher Cummings, 20, and Jake Carey, were attacked Friday, according to Rep. Elijah Cummings of Baltimore. "My family and I remain in shock over the news of the random shooting that took the life of my nephew," Cummings said. (AP)

washingtonpost.com



AMANDA VOISARD/TWP

HILLWOOD HISTORIC GROUP MEMBERS Susan Weise, left; Lisa Remick, center; and Tabitha Yothers, right, visit outside Remick's Falls Church home June 8. The group is not in favor of selling Hillwood Square to developers, but the community is torn over whether to take the \$38 million offer. | [postlocal.com](#)

The Lotteries

Monday, June 13

District

Mid-day Lucky Numbers 7-0-3
Evening Lucky Numbers (Sun.) 8-2-7
Mid-day DC 4 0-4-1-5
Evening DC 4 (Sun.) 6-9-3-1
Mid-day D.C. Five 9-1-9-2-2
Evening D.C. Five (Sun.) 3-2-8-4-4

Maryland

Mid-day Pick 3 6-7-7
Evening Pick 3 (Sun.) 4-3-6
Mid-day Pick 4 6-2-6-5
Evening Pick 4 (Sun.) 1-3-3-0
Match 5 (Sun.) 23-24-27-36-37 (2)

Virginia

Mid-day Pick 3 8-7-4
Evening Pick 3 (Sun.) 7-7-6
Mid-day Pick 4 5-2-0-9
Evening Pick 4 (Sun.) 5-8-4-4
Mid-day Cash 5 (Sun.) 4-6-7-17-24
Evening Cash 5 (Sun.) 7-8-10-17-22

All winning numbers are official only when validated at a claims location.

Be inspired. Be in demand. Be the difference. Be a nurse.

Take your passion, energy and compassion and turn it into a career you'll love. There has never been a better time to be a nurse. More than 2.8 million new and replacement nurses will be needed by 2020 to address the country's severe nursing shortage.* Launch your nursing career on the fast track with Chamberlain's **3-year Bachelor of Science in Nursing** degree.**

America needs nurses. Discover the nurse in you.
Visit [chamberlain.edu/findyourself](#).

LEARN MORE - UPCOMING EVENT:

Open House: Thursday, July 14th, 5pm - 7pm

Visit [chamberlain.edu/events](#) to RSVP or for more information

Chamberlain College of Nursing – Arlington Campus | 2450 Crystal Drive (near the Crystal City metro station)

**Enrollment 3 times a year—
summer, fall and spring semesters**



CHAMBERLAIN
College of Nursing
[chamberlain.edu](#)

Comprehensive consumer information is available at: [chamberlain.edu/studentconsumerinfo](#)

Arlington Campus: 2450 Crystal Drive, Arlington, VA 22202 | [chamberlain.edu/arlington](#) | 703.416.7300

Accreditation:

Chamberlain College of Nursing is accredited by The Higher Learning Commission (HLC) and is a member of the North Central Association of Colleges and Schools, ncahlc.org. HLC is one of the six regional agencies that accredit U.S. colleges and universities at the institutional level. The Bachelor of Science in Nursing degree program at the Addison, Arlington, Chicago, Columbus, Houston, Jacksonville, Phoenix, and St. Louis campuses and the Master of Science in Nursing degree program are accredited by the Commission on Collegiate Nursing Education (CCNE, One Dupont Circle, NW, Suite 530, Washington, DC 20036, 202.887.6791). The Bachelor of Science in Nursing degree program at the St. Louis and Columbus campuses and the Associate Degree in Nursing program are accredited by the National League for Nursing Accrediting Commission (NLNAC). The Bachelor of Science in Nursing degree programs at the Phoenix and the Addison campuses are candidates for accreditation by NLNAC. Candidacy is the first step toward NLNAC accreditation. (NLNAC, 3343 Peachtree Road NE, Suite 850, Atlanta, Georgia 30326, 404.975.5000). Accreditation provides assurance to the public and to prospective students that standards of quality have been met.

Chamberlain College of Nursing 2450 Crystal Drive, Arlington, VA 22202 is certified to operate by the State Council of Higher Education for Virginia, 101 N. 14th Street, 10th Floor, James Monroe Building, Richmond, VA 23219, 804.225.2600. Chamberlain College of Nursing has provisional approval from the Virginia Board of Nursing, Perimeter Center, 9960 Mayland Drive, Suite 300, Henrico, Virginia 23233-1463, 804.367.4515.

Program availability varies by location. Chamberlain reserves the right to update information as it becomes available. Information is current at the time of printing. For the most updated accreditation information, visit [chamberlain.edu/accreditation](#). © 2011 Chamberlain College of Nursing, LLC. All rights reserved.

*Source: The U.S. Bureau of Labor Statistics Monthly Labor Review November 2007.

**The on-site Bachelor of Science in Nursing (BSN) degree program can be completed in three years of year-round study instead of the typical four years with summers off.



Dirk Nowitzki, center, holds the NBA trophy on Sunday night. It's his, and the franchise's, first championship.

Swengali

The King Comes Up Empty Again

LeBron James doesn't have his championship ring, so I'll crown him with a new title: most overrated player in the NBA.

Sure, he may be the league's most talented player. He may, in fact, have the greatest combination of skills in a generation.



By Matt Swenson

But his abilities to drive to the basket, to hit an outside shot, to play solid defense and to dish out stellar assists — all while standing at 6 feet 9 inches — don't add up to what they should.

Just look at the box score for Sunday's decisive Game 6 victory for the champion Dallas Mavericks. James scored 21 points, the same total as NBA Finals MVP Dirk Nowitzki.

[LeBron James'] efforts ... baffled even his most ardent supporters.

Does anyone question who had the better game?

Nowitzki, often dogged with the same sort of criticism James now faces, scored 10 of his points in the fourth quarter in closing out the Miami Heat.

James, on the other hand, never got Miami closer than six points behind the Mavericks. A meaningless 3-pointer with less than two minutes to go boosted James' stats to seven points in the fourth, but his efforts baffled even his most ardent supporters.

Scottie Pippen, of all people, had as recently as two weeks ago said James is better than Michael Jordan was. If winning didn't matter, Pippen might be right.

The reality is James is simply the second-best player on the NBA's second-best team.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Winning's Touch

The Mavericks earn new reputations after winning NBA trophy

Basketball

The Dallas Mavericks were celebrating in their champagne-soaked championship T-shirts, it was easy to look around the locker room and shake off the reputations each of them once carried.

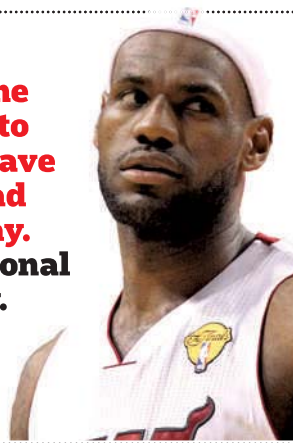
The point guard who was too small. His backup who was too small. The brash owner with the big mouth. The agile center with the solid body. The coach and the star who weren't strong enough leaders. Now, they share a new label: Champions.

For one year at least, the Mavs showed that superteams can't be put together by a few stars hooking up. With a roster featuring Dirk Nowitzki and no other prime-of-his-career headliner, the Mavericks played the old-fashioned way, with an emphasis on things like camaraderie and unselfishness.

"I just think this is a win of character in basketball," Nowitzki said. "This is a win for playing as a team on both ends of the floor, of sharing the ball, of passing the ball, and

"All the people that was rooting on me to fail, at the end of the day they have to wake up tomorrow and have the same life that they had before they woke up today. They have the same personal problems they had today. I'm going to continue to live the way I want."

— **LEBRON JAMES**, AFTER LOSING GAME 6



we've been doing that all season long. ... We're world champions. It sounds unbelievable."

Perhaps the most remarkable part is that they pulled it off without two guys expected to be starters: Caron Butler, who was their second-leading scorer until a gruesome knee injury on New Year's

Day, and Rodrigue Beaubois, a second-year guard whose speed and athleticism were supposed to charge up the offense. But Beaubois was hurt until February, then ineffective, then hurt again.

That left coach Rick Carlisle constantly mixing and matching.

Adding Insult to Injury

The Dallas Mavericks' win over the Heat is a huge upset for fans in Miami. Making matters worse, an ad in the local paper mistakenly congratulated the Heat on winning. A full-page ad that ran in Monday's Miami Herald reads, "Congratulations Miami," next to photos of Heat championship T-shirts and hats from Macy's. One T-shirt reads, "Heat 2011 NBA Finals Champions," and the ad shows the Heat's logo on a hat with the words "NBA Champions." The ad ran under a story about the Heat's loss. Even if the Heat had won Sunday's Game 6, it would not have won the title; it just would have forced a Game 7. (AP)



For Nats, the Return of the Zim

After 2 long months waiting, team is set to get leader back

The Nationals

The Nationals have missed their star player for more than two months. They missed the buzz in the crowd when Ryan Zimmerman whips a sidearm throw across the infield, the steadiness he projects in their clubhouse, the fear in the opposing dugout that he will walk to the plate in the ninth inning with the game in the balance.

They are on the brink of having all of that for the first time in months, but there is also something simpler that they have been missing. "It's just having Zim," Nationals shortstop Ian Desmond says. "It's like missing your brother for the whole season."



The Nationals will activate Zimmerman off the 15-day disabled list today after he missed 58 games, but eight games of the National season thus far. The Nationals



Nationals All-Star third baseman Ryan Zimmerman has missed 58 games this year.

Zimmerman's Value

The effect of Ryan Zimmerman's absence on the Nationals' psyche is a vague, difficult-to-measure concept. But the effect on the field can at least be approximated. Last season, per FanGraphs.com, Zimmerman accounted for 7.2 wins above replacement—a nonstandard statistic used to measure a player's impact versus his fill-in at his position. If Zimmerman had kept that performance this season—and he was on a better pace through eight games—his performance would have been worth 2.6 wins over 58 games. Judging by FanGraphs' formula, the Nationals, who currently have a 30-36 record, would probably be hovering around .500 had Zimmerman not been injured. (TWP)

	ST. LOUIS AT WASHINGTON	
1	2	3
TUE. 7 P.M. MASN	WED. 7 P.M. MASN	THU. 7 P.M. MASN

kept afloat without Zimmerman, going 27-31, but they know what he means. "A game-changer," infielder Alex Cora said. Starting pitcher Jordan Zimmermann admitted he's been following Zimmerman's minor league rehab box scores. Right fielder Jayson Werth called Zimmerman's return "a shot in the arm." Manager Jim Riggleman has likened Zimmerman's to acquiring a star player in a trade.

Zimmerman last played April 9, when he slid into second base and felt a sharp pain in his stomach. He underwent surgery May 3 to repair a torn abdominal muscle. For the past week, he skipped around three minor league outposts. Finally, he is back where he wants to be, and the Nationals feel whole again.

ADAM KILGORE (THE WASHINGTON POST)

Burress to Fight Gun Violence

Pro Football

Plaxico Burress will work with the National Urban League and Brady Center to Prevent Gun Violence after spending nearly two years in prison on a weapon possession charge.

The 33-year-old former New York Giants receiver said Monday he will be mentored by Magic Johnson and Tony Dungy through the Brady Center. He'll volunteer at Urban League youth programs and recruit other pro athletes.

Referring to guns, Burress said: "My voice here today is that they don't help anybody." (AP)

TV Lineup

NATIONALS (7 P.M.) The Nats hope to welcome Ryan Zimmerman back to the lineup when facing the St. Louis Cardinals.

SOCCER (8:30 P.M., FSC) The U.S. needs a win over Guadeloupe to reach the quarterfinals of the Gold Cup.

PRO BASEBALL (7 P.M., 10 P.M., MLB) The Boston Red Sox visit the Tampa Bay Rays, and the Los Angeles Dodgers play the Cincinnati Reds.

WNBA (7 P.M., ESPN2) The Indiana Fever tips off against the Tulsa Shock.

2% The amount by which the salaries of NFL employees have fallen since April. Those reductions will increase if there's no labor deal by August, and seven teams have instituted pay cuts or furloughs since the lockout began March 12. The seven are Miami, Buffalo, the New York Jets, Kansas City, Detroit, Tampa Bay and Arizona. (AP)

W MIDSEASON FLEX PLAN | PICK 3 GAMES GET A 4TH FREE PLUS A NEW ERA CAP

Sports

In Brief

FOOTBALL

Ohio State QB Pryor Hires Rosenhaus as Agent



Former Ohio State quarterback Terrelle Pryor announced through his agent on Monday that he has hired Drew Rosenhaus as his agent and is taking steps toward making himself available for an NFL supplemental draft. (AP)

TENNIS

Murray Wins in Return

Andy Murray finally beat Andrea Petkovic on Monday. Five months after a hip injury forced her to retire, Petkovic returned after one game of their round-robin match at the Australian Open. Williams beat the German 7-5, 5-7, 6-4 in her first match back at Eastbourne. Murray successfully opened her Wimbledon preparations. (AP)

TENNIS

Murray Wins Queen's Title

Andy Murray won his first title of the season, beating Jo-Wilfried Tsonga 3-6, 6-2, 6-4 at Queen's Club on Monday in a match delayed because of rain. (AP)

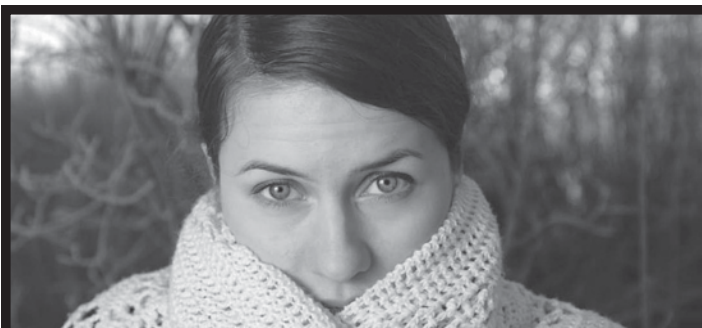
Stanley Cup Coverage

Game 6 of the Stanley Cup finals between the Boston Bruins and Vancouver Canucks ended after two overtimes deadline. For a recap | [washingtonpost.com/sports](http://www.washingtonpost.com/sports)

995/EYE ANY RX LASIK
Precision cut and no flap lasik
Own Financing
Government and Military Discounts
Credit Check
Guaranteed Financing
30% OFF SPECIAL
C I-SURGEONS
www.vitasurgical.com
64-5216 (24th & I, NW) • 301-738-0339 • 703-533-0025

LIP AUGMENTATION... \$350
BOTOX \$199
202.452.1332 24th & I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
703.465.0666 Alexandria
www.vitasurgical.com
64-5216 (24th & I, NW) • 301-738-0339 • 703-533-0025

express ➔ health directory



Are You Ready for Your Next Cold **SORE?**

If you suffer from 3 or more cold sore outbreaks per year, you may be eligible to participate in a clinical research study of an investigational medication for cold sores.

You:

- ▶ Must be at least 18 years of age and in good health
- ▶ Must suffer from at least 3 or more cold sores per year
- ▶ Don't need to have a current, active outbreak in order to qualify

All enrolled subjects will receive:

- ▶ Study related evaluation and research medication at no cost
- ▶ Reimbursement for time and travel.

2 locations:

- ▶ Arlington (Convenient to Metro) - Integra Trials Clinical Research, LLC
- ▶ Fairfax - Clinical Research & Consulting Center, LLC

For more information, please call:

877-573-1779

or visit us at: www.MyClinicalTrial.com/ITCR

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by
MertoRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:
TOLL FREE: (888) 926-9211
EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

Fibromyalgia Volunteers Needed

Ongoing research study looking at the how fibromyalgia symptoms affect the function of the brain.

We are seeking female volunteers of ages 18-65 that are:

- Willing to stop all fibromyalgia medications
- Willing to undertake 6 weeks of specialized physical therapy
- Willing to undergo a series of MRI scans

Study length: 4 study visits over approximately 16 weeks.

There is no cost to participate, all testing and physical therapy are free of charge, and participants are financially compensated.

For more information call Dr. Brian Walitt at (202) 877-6274
or email docwalitt@hotmail.com

Allergies?

Volunteers (ages 6-11 years old)
needed for an allergy research study of an
investigational allergy nasal spray.

Gordon D. Raphael, MD
Principal Investigator

FINANCIAL COMPENSATION OFFERED
301-907-3476

Bethesda, MD

Free Parking

Near Metro

**For
Advertising
Please
Contact**

washingtonpost.com

For Advertising Contact
Danielle Gosnell
202-334-5648
gosnelld@washpost.com

expressnightout.com

XX172 1x.5

expressnightout.com

XX172 1x.5



DC Rider

METRO NEWS ON YOUR
iPhone — DOWNLOAD FREE
FROM THE APP STORE.

expressnightout.com

XX182 1x2.5

XX172 1x.5

nine simple numbers
you learned by age 3

play **su | do | ku**

express

A Publication of the The Washington Post

XX182 4x.75

fit



Guinea Pig | Fore Foot

In honor of the U.S. Open, which kicks off Thursday at Bethesda's Congressional Country Club, we decided to slip on the "world's best golf sock." At least, that's what it says on the packaging for Kentwool's line of products (including the low-profile skinny, left, available for \$20 at Kentwool.com). The soft fabric, a Merino wool blend, lived up to its promise of comfort, odor resistance and moisture wicking. But the pair didn't do much to improve our golf game.

PHOTOGRAPHS BY TEDDY WOLFF



Three times a week, 71-year-old Charles Bolton heads to the Black Belt Martial Arts Center in Kensington, Md., to perform a four-hour workout that includes 1,000 push-ups, 700 crunches and nearly 900 kicks.

Still Kicking

Even if you're older than 40, you're young enough to start learning any kind of martial art

Exercise

Charles Bolton's face was bright red as he muscled through his umpteenth push-up. It's one of 1,000 71-year-old pumps out during each of his thrice-weekly, four-hour workouts at Kensington, Md.'s Black Belt Martial Arts Center (10576 Metropolitan Ave.; 301-946-5425, Bbmac.com).

But if you think the fifth-degree tae kwon do black belt must have been a child prodigy like Jack Chan, you're wrong. The retired CIA employee didn't get started until he was 44, which as many other middle-aged martial artists can attest, is definitely not too late.

A lot of changes happen in one's 40s, explains tae kwon do master Sang H. Kim, 52, author of "Martial Arts After 40." "Martial arts training can be one of the most positive changes," he says. "The slower rate of metabolism that begins to occur in our 40s can be

Research

Magic in Movements

One of the most popular martial arts for older adults is tai chi, a slow-moving, breath-focused practice developed in China that research indicates can have a positive effect on one's health. In a recent University of Missouri study, patients undergoing chemotherapy improved their cognitive abilities by attending tai chi classes. (EXPRESS)

reversed, countering weight gain. [And] mood swings caused by hormonal changes can be improved by active participation in training."

Active participation, however, can also hurt. "I can't tell you how many times I attempted a kick and ended up on my rear end," Bolton says.

So Kim emphasizes the importance of discussing your program with your doctor, and then progressing slowly but steadily toward your goal. "Accept limits; explore possibilities. Discover the uniqueness in your mind and body at this age," says Kim, who admits he's scaled back his training considerably over the years. "I don't do what I did when I was 18 — the crazy flipping over 20-foot-high cliffs up in the mountains and landing on the ground."

Brazilian jiu-jitsu instructor Roy Harris, who released the DVD "Brazilian Jiu-Jitsu Over 40," says the style you choose to pursue doesn't matter nearly as much as the instructor. The right one should be able to modify the moves to fit your abilities. "You can learn as much and have as much fun as anybody else in class," he adds.

Bolton was drawn to tae kwon do for its promise of a full-body workout. He soon learned that study-

ing the huge number of "forms," or choreographed movement patterns, bolstered his brain as much as his muscles. "Concentration and focus in tae kwon do is everything," he says.

But he was also so attracted to Muay Thai that he decided to add it to his repertoire. (He earned that black belt at age 66.) The efficient and high-energy style was the right fit for 51-year-old Monte Mallin, who began training at BBMAC last year after his son, who was taking classes there, urged him to do

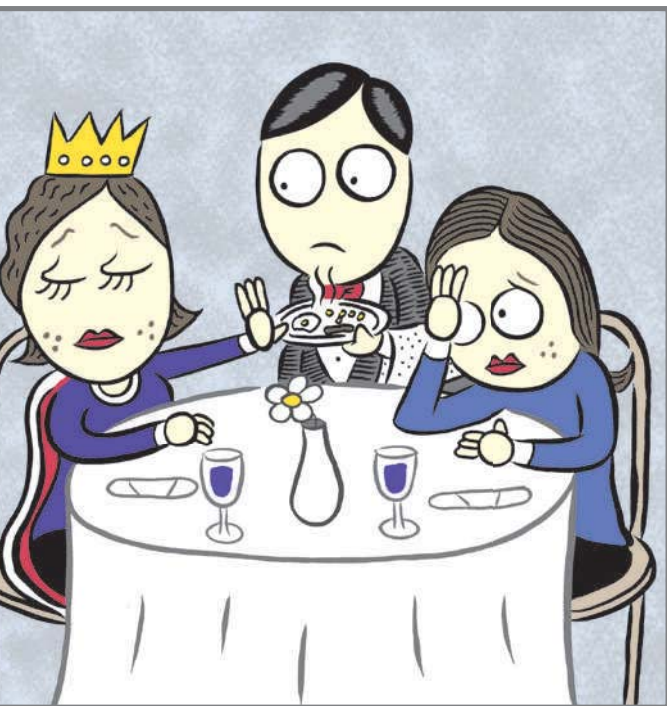
"I don't do what I did when I was 18 — the crazy flipping over 20-foot-high cliffs up in the mountains."

more than watch. "Now I can't live without it," Mallin says. "I plan my life around it."

It's the same for 48-year-old Beth Canha. When the former marathoner discovered BBMAC's Muay Thai program at age 45, she couldn't do a push-up at all. "And I really couldn't do a full sit-up," she says. After regularly attending two or three classes a week for three years, however, Canha eventually knocked out the 75 push-ups and 100 sit-ups required to earn her black belt. "I like how I feel now — so much energy," she says.

Maybe even enough to do 1,000 push-ups one day. **CHRISTOPHER PORTER**

baggagecheck



He Can't Always Send His Regrets

Q My husband hates doing social things, and he's gone from putting up with them but complaining to downright refusing. I understand he doesn't want to go to happy hours and parties — the ones that matter to me I'm fine going to alone. But now he doesn't even want to go to weddings with me or big work events. He says he hates small talk and "life is too short" to bother to put up with things that are that trivial. I am tired of having to make excuses for his absence. **MARRIED TO A FUDDY-DUDDY**

Yes, life is too short to fill it up with unenjoyable experiences. But life is joint when you're married.

Of course a homebody shouldn't be forced to constantly tag along on playdates arranged by a social butterfly spouse. But it sounds like you've already made adjustments and are asking him to come only to a fraction of your events. And one of the basic rules of relationships is that if he values you, he should also value the things that are big to you. It's simple: You should be able to pick a handful of things that he makes an effort to attend. And if he's socially anxious, depressed or has another reason for hesitating, he needs to address that, too.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (friendshipfix.com).

Buffet of Bad Behaviors

Q My mother is particular about food. She and I have a great relationship, and we enjoy spending time together, but the moment a meal comes into play, she is almost intolerable. She criticizes everything and is not afraid to be rude to waitstaff or if I tell her I have allergies that she doesn't really care. I love her, but I hate this thing about her, and it's starting to affect our relationship. **DAUGHTER**

Imagine that you've talked about this with her. Or is she too busy gripeing about a piece of cilantro? But whether or not she's capable of change, being able to keep from banging your head against the dining room table is a reasonable expectation. Thankfully, the foundation of your relationship is solid, and she is otherwise pleasant. Use your advantage by hashing out

some ground rules. There are people who are particular about food — and thank goodness, or restaurants would serve nothing but Pop-Tarts — but they don't have to make others miserable. Figure out how you can minimize the stress (choosing a la carte establishments without table service, for instance) and try to prioritize which behaviors you most would like her to quell.

DO YOU USE ECSTASY?

You're needed for **RESEARCH STUDIES** if you:

- Use ecstasy
- Are 18–40 years old

These studies may help us figure out how ecstasy affects your body, your brain, and how you think and behave.

- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

Call today for a confidential screening.
1-800-535-8254



www.ResearchStudies.DrugAbuse.gov

WE NEED YOU

Trinity
School of Professional Studies



Discover Your Strength at Trinity

Open House - June 18, 2011 - Please RSVP

BA - Communication

BS - Criminal Justice

BS - Business Administration

BSN - Nursing

www.trinitydc.edu
admissions@trinitydc.edu

202-884-9400



Event Horizon For the Record

Have what it takes to score a world record? Maybe not on your own, but head to Centennial Park (10000 Route 108, Ellicott City, Md.) this Saturday and you'll have a chance to be part of the world's largest 60-minute circle workout. It's a series of exercises meant for all ages and abilities, and if at least 250 folks show up, you'll be a part of history. The record attempt kicks off at 8 a.m. Find more details at Wepromotehealth.org/world-record.aspx.

Place your Classified ad today.
202-334-6200.

express
expressnightout.com

xx179 2x.5

Yoga's Big Break

adding b-boying moves to a vinyasa flow, BuddhaX takes hip-hop to the mat

Programs

break dancing, you freeze. In yoga, you pose. But whether you're on a flattened cardboard box or a rubber mat, the moves can look pretty similar.

That's what Ari Kassman, 33, figured out three years ago while hanging out with his buddy Crazy Legs, the legendary dancer who once founded the Rock Steady Crew in New York back in the 1970s. Kassman's also a break-dancer, so when he was going over his new yoga practice, it suddenly dawned on him the two of them how much certain postures resembled classic break-dancing moves.

If you're doing either, you're down on the ground, balancing your body and twisting into contortions. "I can't believe we'd never put this together before," says Kassman, who joined up with Crazy Legs to incorporate breaking elements into a series of 10 vinyasa-inspired sequences. The result is a "break-



BuddhaX founder Ari Kassman realized his yoga practice looked like break dancing.

flow" that forms the basis for BuddhaXtreme (or BuddhaX for short), a program Kassman launched in New York this year.

Washingtonians can get their first taste Saturday at Lululemon's Georgetown store, where Kassman and a team of other instructors will perform a demo and teach a foundational workshop. Participants don't need previous experience in yoga or break dancing — just an open mind and a willing body.

"I've been nervous about scaring people off with the word 'breaking,'

People think that's spinning on your head," Kassman says. "This is not a dance class, and it's not a dance routine." It's structured the way any other yoga class is, except that after your downward-facing dog, you're throwing in a six-step (a circular pattern that's a break-dance basic). Or, you're getting into the flow with a toprock, which involves crossing one leg in front of the other, and then shifting it back.

The pace is slow, but Kassman promises it's never boring because of the hip-hop soundtrack, which

Details

The BuddhaX workshop will be held from 3 to 5 p.m. on Saturday at 3265 M St. NW. It's \$10 with a photo of the flier or \$15 without. Go to Buddhax.com to register. There's another workshop slated for 1:30 to 3:30 p.m. June 25 at Flow Yoga Center (1450 P St. NW). It's \$25. Register at Flowyogacenter.com.



Race Preview

It'll End in a Tie

Being quick on your feet won't guarantee a good time at this Sunday's Dash for Dad (\$35, or \$40 race day; 8:30 a.m.; 1101 S. Joyce St., Arlington; Greatprostatecancerchallenge.com/races/dc). You'd better have fast fingers, too, because one mile into the race, you'll be faced with the "Tie One On for Dad" competition. Any proper knot will do, but you'll have to get a necktie on before rushing back out onto the course. "It's based on a triathlon transition," says Kathy Dalby of Pacers Events, which is organizing the race.

The speediest male and female tie put-on-ers will get special awards, as will the folks who manage the fastest overall time (race plus transition area). And everyone who heads to the finish line in the piece of work attire will receive a commemorative mug. You also have the option of skipping the ties altogether and just running for it. But it's hard to believe the idea wouldn't suit everyone. V.H.

Get to the Point With Blanks

Interview

If you've been wondering where Billy Blanks has been the past few years, there's a simple answer: Japan. But the Tae Bo creator's back in the States, and this weekend, he's in town.

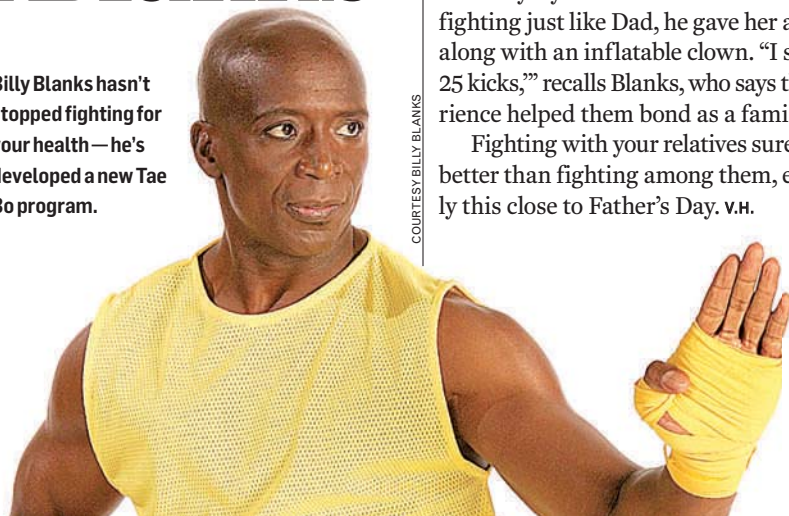
On Friday, he's paying a visit to Kim's rate in the Springfield Mall (\$20 pre-registered or \$25 for walk-ins; 6 p.m.; register at 703-924-5467). The next morning, he's giving two classes at Sport & Health in Old Town Alexandria (209 Madison St.; \$20 pre-registered or \$25 for walk-ins; 9 a.m. and 11 a.m.; register at 703-548-6822) to show his latest exercise innovations.

"I've gotten to really focus on what Billy Blanks needs to do. I got away, cleared my head. Now I'm ready to go with the future of training," he says. So you can expect some old-school moves for kicks, but Blanks will mainly be promoting his new PT247 program (Billyblanksp247.com), which relies on resistance bands to burn more calories and build more muscle.

Sticking with it for 30 minutes a day will help you lose weight and look better, but to Blanks the benefits go beyond the aesthetic. "You're learning how to communicate with your body so you can do anything," he says.

It's a lesson that's applicable for people

Billy Blanks hasn't stopped fighting for your health—he's developed a new Tae Bo program.



of any age, and it's one he tried to teach his kids early on. When his daughter Shellie was only 1 year old and showed interest in fighting just like Dad, he gave her a plan — along with an inflatable clown. "I said, 'Do 25 kicks,'" recalls Blanks, who says the experience helped them bond as a family.

Fighting with your relatives sure sounds better than fighting among them, especially this close to Father's Day. V.H.

Better-for-You Burgers

Your barbecue guests are in for a shock (and a treat!) when you serve up these tasty, healthy summer eats. MATTHEW G. KADEY (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

BLACK BEAN OAT BURGERS

Ingredients

1 can (19 oz.) black beans, drained and rinsed
1/2 cups diced mushrooms
1/2 cup plain rolled oats
2 cloves garlic, chopped
1 egg, lightly beaten
1 tsp cumin
1/4 tsp ground black pepper
1 tsp vegetable oil
100 percent whole-grain buns
1/2 tsp spicy mustard
1 tomato, sliced
1/2 cup baby spinach

Makes Six Servings

Preheat grill to medium. Place half the beans in a food processor or blender along with mushrooms, garlic, egg, cumin and pepper. Process until finely mixed. Add remaining beans and pulse the mixture until they're combined into the mixture. Form into six patties and coat each with vegetable oil. Grill for three to four minutes per side until cooked. Toast buns. Serve bean burgers on toasted buns and top with mustard, tomato and spinach.

283 cal, 6 g fat (1 g sat), 45 g carbs, 10 g fiber, 300 mg sodium, 13 g protein



293 cal, 11 g fat (4 g sat), 27 g carbs, 4 g fiber, 545 mg sodium, 26 g protein

BLACK BEAN OAT BURGERS

ASIAN SALMON SLIDERS WITH CITRUS YOGURT SAUCE

Ingredients

1/2 cup plain low-fat yogurt
Juice of half a lime
Juice of half an orange
1 tsp honey
1 pound skinless, boneless salmon
1 tbsp sesame oil
2 tbsp low-sodium soy sauce
1 piece ginger (1 inch), chopped
2 garlic cloves, chopped
Juice of half a lemon
1/2 cup bread crumbs
1/2 cup cilantro, chopped
2 tsp vegetable oil
6 small 100 percent whole-grain pitas

Makes Six Servings

Combine yogurt, lime juice, orange juice and honey; set aside. Preheat grill to medium. Wash salmon and pat dry. Chop half the fish and place in food processor along with sesame oil, soy sauce, ginger, garlic, lemon juice, and salt and pepper to taste. Process into a pasty puree.

Chop remaining salmon and add to puree along with bread crumbs and cilantro. Pulse until combined. Form into 12 small patties and brush with oil. Grill four minutes per side. Stuff pitas with burgers and yogurt sauce.

GARDEN CHICKEN BURGER WITH STRAWBERRY SAUCE

Ingredients

3 tsp vegetable oil
1/2 medium onion, finely chopped
2 tbsp brown sugar
2 cups strawberries, sliced
1/2 tsp balsamic vinegar
1/4 tsp freshly ground black pepper
1 tsp fresh mint, chopped
1 medium carrot, peeled
1 medium zucchini, peeled
1 pound lean ground chicken breast
1/2 cup bread crumbs
2 tsp Worcestershire sauce
1 egg, lightly beaten
1/3 cup parsley, chopped
6 flatbreads or naan
1 cup arugula or baby spinach

Makes Six Servings

Warm 1 tsp vegetable oil in a skillet over medium heat. Add onion and sauté until soft, about four minutes. Add brown sugar and continue cooking for two minutes. Add strawberries, balsamic vinegar and black pepper; cook for one minute. Stir in mint and remove from heat.

Preheat grill to medium. Using a box grater or mandoline, shred carrot and zucchini, then chop into small pieces. In a large bowl, lightly mix shredded vegetables, ground chicken, bread crumbs, Worcestershire sauce, egg, parsley and salt and pepper to taste. Form into six patties and brush with remaining vegetable oil.

Place burgers on grill and cook for four to five minutes per side or until internal temperature reaches 165 F. Meanwhile, toast bread for one to two minutes per side.

Line flatbreads with arugula, add burgers, and top with strawberry sauce, then fold bread over burgers.

387 cal, 8 g fat (2 g sat), 54 g carbs, 7 g fiber, 497 mg sodium, 27 g protein

Stethoscope



STATISTICS

But Please Still Bathe

If you're freaked out about falling down in the bathroom, you're absolutely right — bathroom injuries send 234,000 U.S. teens and adults to hospital emergency rooms every year, according to the Centers for Disease Control. Most accidents happen near the tub or shower.

MARKETING

Reading Before Eating

Maybe you'd say no to "Cheesy Poofs," but would you down a bag of "Healthy Dairy Snacks"? If you're on a diet, the answer is likely yes, says a new study out of the University of South Carolina. It turns out that the names of food can be especially misleading to those who are watching their weight. When presented with identical products described as "salad" and "pasta," dieters rated the former as healthier. (Non-dieters weren't fooled.) Researchers urge people to make their choices based on the ingredients rather than what's on the label.

PSYCHOLOGY

To Make a Wise Decision, Get a Good Night's Sleep

"Let me sleep on it" should be your new favorite phrase. The Journal of Sleep Research published a study that involved teaching college students a game and then letting them play it 12 hours later. Some learned it in the morning, while others learned it at night and got a full night's rest before they returned. Going to bed seems to have helped their brains process the information — 80 percent of the subjects in the sleep group determined the trick to the game, while just 40 percent of the awake group did.

Pick Up Stix: The number of food trucks in D.C. is overwhelming — but it's nothing compared to the calorie count of a typical meal on wheels. That's why dieters may want to start following Stix (Eatstixnow.com), which hawks skewers of meat, veggies and fruit. The best thing on the menu: Weight Watchers points. (Rosemary dijon steak will set you back four points; grilled pineapple is just two.) It's an easy way to stick to your goals. (EXPRESS)



JOB

32 CDL Driver Trainees needed now!
No problem. We train. Starting pay \$45k/yr.
Call Now! 1-800-251-3946

Appliance Service Techs
repair washers, dryers, refrigerators, A/Cs,
stoves & ovens. Excellent benefits. Good
driving record. Exp'd only.
Fax: 973-965-4353

NCERS—Wanted for gentlemen's clubs in
County. \$300-500/night. Audition after 9pm.
Call for location, 240-286-3660. No messages.

Dental Assistant
Near Mt Vernon Hosp. Email resume to
Gerendds@gmail.com

ENGINEERING
MARYLAND DEPARTMENT
OF TRANSPORTATION
Maryland Port Administration (MPA)

Transportation Engineer III

Compensation: \$42,891.00 - \$68,664 and excellent
benefits package.

Posting Date: July 6, 2011
Location: Port of Baltimore

Duties: The Maryland Port Administration
has an opening for a Transportation Engineer
Design Unit. The incumbent of this position
will work on large, complex engineering capital
maintenance projects. The incumbent will
prepare contract drawings, specifications, estimates
and schedules; prepare environmental permits;
apply advanced knowledge and expertise in
various areas of port/marine engineering
including deep water berths, piers, wharves, fender
systems, cranes and other cargo
handling equipment, dredging, topographic and
graphic surveys, grading, utilities, buildings
and warehouses. Employee will receive general
supervision from an engineering supervisor.

Position Requirements: Please visit
www.marylandtransportation.com or
<https://jobs.mdot.state.md.us>
for a complete job announcement or call
(410) 385-4446 Mon - Fri during business hours.
Qualified candidates please submit a
MDOT DTS-1 application to the
Human Resources Department,
Maryland Port Administration,
401 East Pratt Street, Suite #253,
Baltimore, Maryland 21202.

Attention: Transportation Engineer III.
DTS-1 application can be obtained by access-
ing <http://www.marylandtransportation.com>/
Employment/application
or calling our Job Hotline at (410) 385-4456
Call 711 for MD Relay Service.

EO/AFFIRMATIVE ACTION/ADA EMPLOYER
FLOORING-CAPITOL FLOORS INC
Subcontractors - carpet, vinyl, tile, vct,
wood installers wanted.
Must own a van, must have experience
Please fax resume or information to
301-838-0395

HCARE
CPNP/CFNP
Well established and growing Pediatric prac-
tice in Springfield / Alexandria area seeking full
time Certified Pediatric or Family Nurse
Practitioner to join our team. Must be available to
evenings as well as one to two Saturdays
month. Current VA licensure required. Pediatric
experience preferred.
Email your resume w/salary requirement to
Attn: HR at: practice@pedsale.com or
Fax # 571-480-4751

Finance Professionals licensed or unlicensed,
gain Brilliant Compensation plan. Earn 100k 1st
bonuses. Kevin Edmondson 240-535-0571

INFORMATION TECHNOLOGY SPECIALIST

U.S. Naval Academy is recruiting Information
Technology Specialists developing Oracle applica-
tion web modules in PL/SQL or JAVA for USNA's
Enterprise Resource Planning software. Oracle 10g,
or 12g application development experience
required. Salary range is \$74K - \$97K. For infor-
mation on these positions or other IT Specialist
opportunities email to:

itjobs@usna.edu

is EOE and provides reasonable accommodations to
qualified applicants with disabilities.

LIMO DRIVERS CDL-P \$13.50
and Weekends. 8390-C Terminal, Lorton,
VA 22079 Call 703-550-7200

Marketing: Develop tools, materials and strate-
gies for on-going relationships with government
agencies and organization to promote NARFE's
mission. Work with members to enhance activi-
ties with local agencies. College degree or equiv-
alent experience and excellent communication
skills required. Marketing exper. highly preferred.
and resume and salary requirements to:
NARFE, 606 N Washington St, Alexandria, VA
22314; email, humres@narfe.org or fax to 703
838 7785. No phone calls please. EOE

JOB

PAINTERS

RESIDENTIAL/ COMM. PAINTERS
We are looking for highly skilled painters with min
5 yrs exp, clean record, own transp, & legal to
work in US. Call 703-684-1075.

Production

The Washington Post
PRODUCTION FACILITY
is in need of
MOTIVATED AND DEPENDABLE
INDIVIDUALS ...

... to join our part-time,
on-call production team as a
Temporary Utility Mailer
(up to 5 months).

Applicants **must** meet the following
minimum requirements:

- Available to work various day, afternoon, night and
weekend shifts, potentially as many as 5 shifts per
week, in our Springfield, VA plant;
- Ability to perform general physical labor,
including, stacking newspaper bundles, and feeding
advertising material into production machinery in a
safe manner; as well as other tasks trained to
perform.
- Ability to adapt to changing situations in fast-
paced, deadline oriented, production environment;
- Successful completion of background checks and
health screening.
- Successful completion of a paid on-the-job training
program in the safe operation of various types of
equipment.

Qualified Candidates that are prepared to
begin a temporary position, please apply at:
www.washingtonpostmedia.com/careers.
Competitive hourly wage is offered.

The Washington Post

We are committed to diversity in the workplace
and promote a drug-free work environment.

Sheet Metal Subcontractors
McCrea Equipment Company has an immediate
need for independent sheet metal
subcontractors for work in Maryland and Virginia.
Must have all required licenses and meet all
insurance requirements. Own vehicle and tools.
Call 301-423-5427

Speakers and trainers needed. Our company will be
featured on The Apprentice, Spring 2011.
Call 301-464-9777 or 301-793-8565



Staff Appraiser

We are currently accepting resumes for a Staff
Appraiser in our Operations Center in Leesburg,
VA. The successful candidate will be responsible
for managing the appraisal and appraisal review
process and completing property evaluations for
loans not requiring an appraisal. May also
appraise properties which may be accepted as
collateral for loans made by the bank.

Essential functions in which you must have expe-
rience include: evaluates appraisers for addition to
the Schedule of Approved Appraisers and
maintains that list; completes property evalua-
tions for loans not requiring an appraisal; com-
pletes formal reviews of appraisals prepared by
third party appraisers; as needed, appraises all
types of properties in accordance with USPAP
and financial institution policies and procedures;
develops and maintains policies and procedures
for a sound appraisal function and compliance
with laws, regulations, and regulatory guidelines;
performs on-site property inspections as needed;
ensures that adequate and correct paperwork
exists in the financial institution loan files to
support the appraisal process; offers recommen-
dations for property improvements and other
corrective work on mortgaged properties as
needed after inspection to enhance property value.

Requirements: MAI or Certified General Apprai-
ser. Bachelor's degree in real estate finance,
business or related field, or equivalent combi-
nation of education and experience. Minimum
2-3 years of experience in financial institution
appraisal work. Good understanding of real estate
assessing and lending products and services.

Middleburg Bank is an equal opportunity employ-
er and does not discriminate against employees
or prospective employees for reasons of race,
color, religion, sex, national origin, or disability.

Interested candidates should forward a resume
to: careers@middleburgbank.com
or fax to (703) 737-3414

JOB

RETAIL

PARTY CITY
WHEATON, MD
FT and PT HOURLY HELP

Party City is looking for highly motivated, energetic
people to work in a fun, fast paced environment.

Prospective candidates should have the following:

- Excellent Customer Service skills
- Ability to work directly with the public
- Bilingual preferred (English/Spanish)

Party City offers benefits, great pay and employee
discounts.

Apply in person:
June 14 and June 15 - 10am-6pm
11006 Viers Mill Road, L-20, Wheaton, MD
OR for consideration, apply to:
hr@totalpartymd.com

EOE

SALES

PT sales for major
energy company
Up to \$20/hour
Monday - Friday, Hours 6 pm - 10 pm
Laurel, MD
301-361-1111

Bilingual

SR ECONOMIC CONSULTANT

Bates White, Washington, DC

Responsible for theoretical and empirical economic
analysis including statistical, econometric and eco-
nomic theory related to matters of antitrust liability
and/or damages. Education Req: Must have Ph.D.
in Economics. Dissertation research focused on
sophisticated econometric theory, empirical,
and/or microeconomic applications. Must have
working expertise in programs such as STATA,
MATLAB, or SAS.

Reply to Box Number M1000000491
The Washington Post, Washington DC 20071

TV EDITOR in Frederick P/T SPECIAL PROJECT
After effects, Final Cut Mac Pro experience must
& animation a plus. Email resume to
hugh@goodandassociates.com or
Call 301-865-9255



Woodbridge, VA

JOB FAIR

TUESDAY, JUNE 14
3PM - 7PM

Hosted by Stratford University
14349 Gideon Drive
Woodbridge, VA 22192

- Pre-registration is not required.
- Professional dress or military
uniform is required.

30 companies will be present.

434-263-5102 / 540-226-1473 /

Janet.Giles@JobZoneOnline.com

Visit www.JobZoneOnline.com and click
on EVENTS and WOODBRIDGE
for new updates.

SAVE DATES - June 24 King George &
June 29 Rosslyn VA

CAREER TRAINING

Admin Assistants Needed in DC Area!

Large & Small Firms
need well trained
Admin Office Assistants!

Source: DOE & BLS

No Experience? Need Training?

CTI has an accelerated
Job Training Program!
Call now for more info!



Career
Technical Institute

1-888-567-7685

Become a Nursing Assistant
less than 4 wks. Day, Eve & WKND. Payment plan.
Free classes with referral bonus 240-770-8251

CAREER TRAINING

Become a Medical Billing and Coding Professional

CTI Career
Technical Institute
888.639.6277

Become a Certified Computer Technician

CTI Career
Technical Institute
888.639.6244

CAREER TRAINING

HELP FIGHT CRIME

WITH A CAREER IN CRIMINAL JUSTICE!
Train in Criminal Justice or
Information System Security!
Ongoing Career Services Assistance.
Financial Aid for those who qualify.
For a Brochure, Call Now!
888-791-3444
Sanford Brown College - Vienna

DENTAL ASSISTANT

Trainees Needed Now!
Dental Offices now hiring. No experience? Job
Training & Placement Assistance Available.
1-800-678-6350

MEDICAL ASSISTANT
In 10 Weeks
1-800-460-4138
CTO SCHEV



Call Now for a DVD
demo of our exclusive
Ultrasound Simulation Tool!

Sanford-Brown
INSTITUTE

Call Now!
888.771.2433
sanfordbrown.edu/landover

8401 Corporate Drive, Suite 500
Landover, MD 20785
Sanford-Brown Institute cannot guarantee employment
or salary. Credits earned are unlikely to transfer.
Career education CEC2375490-08/10

**TRAIN IN DIAGNOSTIC
MEDICAL SONOGRAPHY!**

GET THE SKILLS EMPLOYERS WANT TODAY!

MEDICAL OFFICE ASSISTANT

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance
Processor

FINANCIAL AID AVAILABLE IF QUALIFIED
PLACEMENT ASSISTANCE AVAILABLE

OFFICE ADMINISTRATION

- Administrative
Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable &
Receivable



Career
Technical Institute
Formerly Career Blazers Learning Center

888-639-8766
2131 K St. NW
Btw. 21st&22nd St.

CAREER TRAINING

MEDICAL LEARNING CENTER
EVENING & WEEKEND CLASSES:
P.N. C.N.A.
 Used Practical Nurse Certified Nurse Assistant
 medicallearningcenter.va.com
 8-527-0055 • Certified SCHEV • Approved VBON

CAREER TRAINING

Class starts June 1st
Become a Nursing Assistant (CNA)
 Call Dominion Academy 240-770-7774
Medication Tech. Training
Saturday 12PM to 6PM
 7726 Finns Lane, Suite LL2
 Lanham Maryland 20706
 Approved by the Maryland Board of Nursing and the Maryland Higher Education Commission

CAREER TRAINING

PHARMACY TECH
Trainees Needed Now
 Pharmacies now hiring. **No experience?**
 Job Training & Placement Assistance Available
1-877-240-4524
PHLEBOTOMY
Training workshops
Doctor's Help 301-567-5422

CAREER TRAINING

Pharmacy Technology Training!
 Learn the pharmacy technician skills you need!
 For more information call
888-805-2333
SANFORD-BROWN INSTITUTE
 8401 Corporate Dr., Suite 500, Landover, MD 20785

CAREER TRAINING

Why be Ordinary
 When You Can
be extraordinary
 Formerly Sanz School
medtech
 Falls Church (Main)
 Silver Spring (Branch)
 Washington (Branch)
 SCHEV has certified Medtech, located at 6182 Arlington Blvd., Falls Church, VA 22044 to operate in Virginia.
Call Now 1-888-407-8222
aboutmedtech.com



ALLIED HEALTH TRAINING
IT'S ALL WE DO!

medical assisting
 medical office admin
 medical radiography
 dental assisting
 pharmacy tech

arlington • alexandria • manassas
ACT Now: 866-970-8484
www.actcollege.edu
 DEGREE & DIPLOMA PROGRAMS • FINANCIAL AID FOR THOSE WHO QUALIFY
 CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS
 1400 KEY BLVD, FIRST FLOOR • ARLINGTON, VA 22209



You can Have it All

Offering more than 20 campuses,
 flexible scheduling, course convenience,
 career placement assistance and financial aid*.
Fortis College makes it possible.

Programs offered:
 • Biotechnician
 • Dental Hygiene
 • Expanded Function Dental Assisting
 • Medical Assistant
 • Medical Billing and Coding
 • Pharmacy Technician

FORTIS
 COLLEGE

4351 Garden City Drive
 Landover, MD 20785

Call Now!
1.877.809.9152
www.FortisCollege.edu

*Financial Aid for
 those who qualify



**Offering
 Evening
 Classes
 to Fit Your
 Schedule**

MED BILL & CODING
Trainees Needed Now
 Medical Offices now hiring. **No experience?**
 Job Training & Placement Assistance Available.
1-866-294-0466

Healthcare without blood!
 It's just one of the great things about
Medical Billing and Coding.
 Get the training you need today! Call now.
888-793-0444
Sanford-Brown Institute
 8401 Corporate Drive, Ste 500
 Landover, MD 20785
Sanford-Brown College
 1761 Old Meadow Rd • McLean, VA 22102
 Sanford-Brown College is certified by
 the State Council of Higher Education
 for Virginia to operate campuses
 in Virginia.

Get training in
Diagnostic Medical Sonography!
 Externship opportunities!
 Call now for a DVD demo
 of our exclusive Ultrasound
 Simulation Tool!
888-805-2333
SANFORD-BROWN INSTITUTE
 8401 Corporate Dr. Suite 500
 Landover, MD 20785

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
 CTO SCHEV

Change your FUTURE Today!
at Technical Learning Center



No High School Diploma required.
OPEN HOUSE JUNE 15TH @ 10 & 2
Call Now! 202.223.3500

Medical Programs:
 Medical Office Admin
 Medical Phlebotomy Tech
 Medical Assistant
 Job Placement, Financial Aid and Transportation
 reimbursement available for those who qualify

Computer Programs:
 Office Administration
 MS Windows, Word, Excel
 Accounting, QuickBooks

CALL NOW! 202.223.3500
 1720 I Street NW - Suite #200 • Washington, DC 20006
 Only one block from Farragut West Metro Station

People Helping People
 It's just one of the great things about **Medical Assisting**.
 You could start training for new career opportunities today!
 Call now. **888-793-0444**
 Sanford-Brown Institute • Sanford-Brown College
 8401 Corporate Drive, Suite 500 • 1761 Old Meadow Road
 Landover, MD 20785 • McLean, VA 22102
 Sanford-Brown College is certified by the State Council of Higher
 Education for Virginia to operate campuses in Virginia.

A BETTER TOMORROW STARTS TODAY!
 Career training in Networking/
 Security, Graphics/Web/Gaming,
 and Medical programs!
 Call now to change your life!
1-888-524-9404
callACInow.com
 3 convenient locations
 Wheaton | Baltimore | Columbia
 Financial aid is available to those who qualify.

Searching for a new career?
 Train in Medical Assisting,
 Medical Billing and
 Coding, Criminal Justice,
 Graphic Design or Business
 Administration!
Sanford-Brown College - Vienna
 1761 Old Meadow Rd. • McLean, VA 22102
 Sanford-Brown College is certified by the State
 Council of Higher Education for Virginia to operate
 campuses in Virginia.
 For a brochure, call now!
888-791-3444 

If you love animals and would like to
 help take care of them, train for a career in
Veterinary Technology! Call now! 888-791-3444
Sanford-Brown College - Vienna
 1761 Old Meadow Rd. • McLean, VA 22102
 Sanford-Brown College is certified by the State Council of
 Higher Education for Virginia to operate campuses in Virginia.
 For a brochure, call now!
888-791-3444 

Computer & PC Techs Needed!
 PC Techs & Help Desk
 staff are in demand
 in the DC area now!
 Source: DOE & BLS
No Experience? Need Training?
 CTI has an accelerated
 Job Training Program!
 Classes start next week!
CTI Career Technical Institute
1-888-567-7685

Medical Billing & Coders Needed!
 Train to become a
 Certified Medical Office
 Professional now at CTI!
No Experience Needed!
Hands on Training & Job Placement Assistance!
 Hospitals, Dr's & Insurance
 Companies regularly
 interview our Graduates!
 Call for details!
CTI Career Technical Institute
1-888-567-7685

POSITIONS WANTED

CNA - With over 20 years experience
 seeking live-in job to take care of elderly,
 excellent refs. Call 407-973-8954

BUSINESS AND FINANCIAL OPPORTUNITIES

BAD/NEGATIVE CREDIT
 Removed from Credit Report.
 Guaranteed or your money back. 202-775-6932
BAKERY, CAFE & TEA ROOM - Unique opportunity
 to purchase real estate with established
 business, historic Victorian dwelling built in
 1887, restored to high Victorian style in 1998. All
 original details, 3 dining rooms, fully equipped
 kitchen w/ attached 2 truck gar for catering.
 Baltimore, Charles Village- John Hopkin's U
 area. \$200,000 mowbray@verizon.net Denise
 443-928-8130 or Steve 202-320-1000

SERVICE SOLUTIONS

Credit Repair Services - Money Back Guaranteed
 I can repair your credit and help you buy a home!
 www.United-Credit.org 202.630.5677

STUFF

Sofa Love Seat Chair, Microfiber. New in boxes.
 Worth \$1199, Take \$475. Can Deliver. 301-399-7870

CAREER TRAINING

CAREER TRAINING



An Extraordinary Career, AN EXTRAORDINARY YOU!

**Radians College can prepare you to enter
the growing field of nursing.**

Make a difference in:

- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:

- Licensed practical nursing
- Registered nursing

**1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005**

Call Now: 202-688-1827

radianscollege.edu



**RADIANS
COLLEGE**



**Train to
be a Medical
Assistant in only
7 months*!**

Night Classes Now Enrolling!

**Start your training now
and you'll be on your way
to a great new career.**

Job Placement Assistance. Financial Assistance if Qualified.
Veterans' Training. SCHEV Certified. Accredited School, ACCSC.
*7 Months Instructional Time.

**Centura
COLLEGE
(877) 206-3353
6295 Edsall Road, Alexandria**

EARN while you LEARN

**OPEN HOUSE
June 20th & June 27th
at 11:30 AM**



in partnership with

Earn 18 PAID NOVA College Credits

**Computer Help Desk, Desktop Training, Business &
Education Program for 18 to 24 year olds from DC,
VA and MD with a high school diploma or GED.**

- **Paid 6 months of training**
(RECEIVE up to \$150 WEEKLY FOR 6 MONTHS)
 - **Paid 6 months of internship**
(RECEIVE up to \$220 WEEKLY FOR 6 MONTHS)
- Classes are held 8:30 to 3:30 pm, Monday thru Friday.
This is a one-year long program
call 703-312-YEAR (9327), ext 1219 / ext 1230**

**1560 Wilson Boulevard, Suite 200
Arlington, VA 22209
Near Rosslyn Metro • www.yearup.org**



STUFF

**1 Cherry Bedrm Sleigh Set new in boxes
\$495 Can Deliver. 301-399-7870**

**1 Pillowtop Qn Matt Set \$129!
New in Plastic Can Del. 301-343-8630**

**3Pc King pillowtop matt set. \$245 New in
plastic. 301-399-7870. Can del**

**AUTOGRAPHED GUITAR COLLECTION- Stones,
Zeppelin, McCartney, others with COA's.
Asking \$450 each. Call 202-600-2549**

**Bedroom Set—Amazing Solid Wood Bedroom Set,
cherry, never used, brand new factory sealed.
English Dovetail. Original cost \$3800
Will Sell for \$895. Can Deliver.
Call Tom 202-558-2136**

**BOB DYLAN wanted: Orig 1963 Lisner
Aud. Washington concert poster.
Will pay \$3000 CASH! Call 1-310-346-1965**

**CASH FOR MOST ITEMS OF VALUE!
Pawn or Sell, Your Choice! Call us first.
Top \$\$ paid for over 30 years.
Call 301-439-4116**

**Leather Living Room Set—
BRAND NEW LEATHER LIVING ROOM SET.
In original plastic, never used.
Orig price \$3000, Will sacrifice \$975.
Can deliver. Call Bill 202-609-7381**

**Mattress—Nautilus-Ultimate Series, California King
with Dual Interlocking Variable Support Air Cham-
bers, Instant Comfort Button, Visco Elastic Memory
Foam, Comfort Vent Foam, One Removeable Pillow-
Top, 71"x83" Foundation. Payerd over \$2500.00
Asking \$550.00 703-791-4211**

**Millings—Asphalt millings for sale & delivered to
your site in NOVA & MD 7039061094 Lewis**

**REFINISHERS DELIGHT- China cabinet, dining
room table & coffee table, pecan. \$350. Call 202-
841-1070**

**REFRIGERATOR Kenmore, side by side,
1 year old, 33" wide, 31" deep, 66" high.
\$600. Call 571-422-6379**

**SMALL COLLECTOR PAYS CASH FOR
COINS/COLLECTIONS/GOLD.
Will travel to you! Call Al, 301-807-3266**

**THINKPAD T60 C2D 1.86GHZ \$250—COMBO &
WIFI XP (301)931-6630; (703)821-1400 PCRetro.com**

SALES & AUCTIONS

**ALEXANDRIA 2901 Valley Dr. (22302) Sun,
Mon and Tue, 6/11-6/14, 11a-7p Huge down-
sizing sale before the MEGA estate sale of
Alex collector. Gens of antiq/vintage/mid-
century treasures from the fine to the funky.**

MUSIC

**MUSICAL INSTRUMENTS SIDEWALK SALE
New & Used. 6/18-19, 1000's
of deals. See www.victorlitz.com**

PETS

**ADOPTA CAT/KITTEN
Vet checked. Call Feline Foundation.
703-920-8665 www.ffgw.org**

**CHIHUAHUA- 1 Female/1 Male,
Female- 10 months \$250 Male- 7 years old. \$100
Call 301-736-8369**

**FELINE ADOPTION FAIR
Sunday, June 19, 1-3 p.m.
VCA BARCROFT CAT HOSPITAL
6357 Columbia Pke, Falls Church, VA
Information 703-920-8665 x3
Feline Foundation www.ffgw.org**

**FRENCH BULLDOGS- Papers. Mom and dad on
site. Ready in 7 weeks. 2 male, 4 female, \$1200 &
up. Great with kids. 202-344-7291**

**LAB PUPS - AKC, 3 Females, 6 Males, silver,
home raised, vet checked, shots/wormed. 8
wks old. Call 703-780-9482**

**SHELTIE PUPS - AKC, Male, born may 4th, 1st
S/W, avail June 18th \$250
Call 304-754-3033**

**toy poodle—1 rare blue baby boy left! AKC,
shots/wormed, 9 wks old, family raised, great with
kids, hypoallergenic \$600, 573-673-0869**

DC RENTALS

Bus Stop to Metro On-Site!

**1 Brs \$695
2 Brs as low as \$795
*with Special
\$225 OFF 1st Month Rent or
Sec. Deposit
3 Brs \$1495
4 Brs \$1600**

**Minutes From 295,
395 and 495!!!**

**4236 4th St., S.E. #103
Washington, DC 20032 (202) 562-1600**

CASCADE PARK APTS.

**16TH & E ST NE - Close to Rosedale,
newly renov. 1 BR + den, CAC, avail.
immd. \$850 + utils. (703)307-0342**

1 BEDROOM

- Renovated 1 Bedroom Apts
- Near Minn. Ave. Metro Station
- 24 Hr. Emergency Maintenance
- Showing Apts. 7 Days A Week

Only \$699

**3533 Ames St. NE
Washington, DC 20019 202-315-1118**

AMES STREET APTS

**1 BRs \$765
2 BR Special Starting @ \$900
No app fee for a limited time**

Jetu Apartments

- FREE UTILITIES
- Wall-to-Wall Carpet
- On-Site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Café,
Shopping & Metro

**www.wcsmith.com
869 21st Street • Washington, DC**

877.814.0692

**\$1200 Move-In Special
Must Move In By 5/31**

**Carver Terrace
Apartments**

**2026 Maryland Avenue, NE
Washington, DC 20002**

**Spring Into A New
Apartment Home**

Now Leasing 1, 2, & 3 Bedrooms

OPEN Saturdays 11 - 4

- Newly Renovated Units • Ample Closet Space
- Thermo Pane Windows • Frost Free Refrigerator
- Wood Grain Cabinetry

NO APPLICATION FEE!!



**NE DC- Spacious 1BR, renovated.
5629 Clay Place NE \$850/mo + gas & elec.
Sec 8 welcome. Call 240-688-9805**

**Northwest—Efficiency newly ren. 2 rooms
w/kitchenette, 1 ba, WD, semibsm, \$635+util.
202-234-7449**

**NW - 1BR \$969 Incl utils. Laundry on-site.
Lead Safe!!
Ms. Mitchell 301-316-4590 EHO**

DC RENTALS

**NE—1600.00 2bd and 3bd condos nwly renov,
wash/dry, central AC Vouchers Ok 202-744-2851**

**Spacious 1 & 2 Bedroom Floor-plans
from \$1253**

WALDEN COMMONS

- DISTINCT FLOOR-PLANS!
- GREAT LOCATION! • MODERN FINISHES!

CALL NOW 202.829.3620

leasing@walden-commons.com

STUDENT DISCOUNTS - Call for details!

WWW.WALDEN-COMMONS.COM
Premier location in the heart of the
Nation's Capital. Convenient access
to the finest of DC's medical
centers, colleges, universities and
central business district.

**1336 Missouri Ave. N.W.
Washington, DC 20011**

Wardman Court

Apartments

**Now accepting
applications for**

**1, 2 BRs from
\$991-\$1,175
+ electric
M-F 9AM-5PM**

202.518.3030

DOWNTOWN NORTHWEST

WASHINGTON APTS

**877-231-1135
CITY LIVING AT ITS BEST!**

1 & 2 BRs starting at \$1487

- \$35 App Fee • \$99 Security Deposits
- Credit Card Payments/No Service Fees
- Free Gated Parking • On Site Laundry

**1201 6Th Street NW
M-F 9-530 Sat 10-2**

www.washapartments.com

**Potomac—\$4299, 5 br, 4BA, Walk to Potomac
Village! Yard, Deck, New Kit, 2 car Gar., Call 240-
342-0418.**

**Randle Heights—\$1220 & up + util, 1 & 2 bdrm,
21st Pl. SE, Voucher ok \$35 appl fee 202-441-9439**

Newly Renovated S.E. High Rise

**1 BR \$925.00 & 2 BR \$1050
Plus Electric**

Bring in this ad and pay \$0 application fee

- Metro accessible on the Green line
- Washers and dryers in units
- Fitness centers, built in microwaves
- Controlled access to the property
- FREE internet

**The Overlook at Oxon Run
Apts.**

**3700 9th Street SE, Washington DC 20032
Call Mr. Robinson
(202) 373 - 1900**

**SE-4569 BENNING RD SE - 1 + 2BR, CAC, wall-to-
wall, nr Subway (Blue line). \$680/\$750+ util. Appl
fee \$10. Open Mon-Sat 11-4pm. 202-582-7155**

**SE- New Bldg, furn, w2w crpt, CAC & heat,
near bus, \$165/wk util incl.
202-399-0396 OR 202-207-5569**

expressnightout.com

DC RENTALS

COME COOL DOWN AT

Manor Village
Apartment Homes

RENT STARTING AT

\$25 1 BR

\$55 2 BR

per while supplies last.
Must sign lease prior to
5/30/11.

F 8-5 • SAT 9-4

www.wcsmith.com

www.villagesofparklands.com

1.888.275.2914

* FREE
A/C Unit
* FREE
Splash
Park PassRiver Hill
APARTMENTSPart Spring with a Fresh
New Apartment

Call Now
for Our
Fantastic
BR
Specials

- Outdoor Pool
- Laundry Facility in each building
- Controlled Access Units
- 24 hour Maintenance
- Wall-to-Wall Carpet, Dishwashers
- Playground
- Parking Lots & Off-Street Parking

866-731-2759

Professionally Managed by CIH Properties Inc.

Fairlawn Marshall
Apartment Homes

and 2 bedroom apartments available in the extended
of Hill area. Controlled access community, renovated
you in mind. All of our homes have modern kitchens
black appliances and modern bathrooms. Very close
to public Transportation, I-395 and I-295. We are minutes
away from all that DC has to offer.

today for more information 202-584-5364 or
us online at www.fairlawnmarshallapartments.com

1 Brs \$695*
2 Brs \$795*
Br Duplexes \$1350
\$225 OFF
1st Mo's Rent or Sec. Dep.
*with Special

minutes From 295,
5 and 495!!! By Appointment Only

Ivanhoe St. SW,
Washington, DC 20032

Call Ashley @
(202)-315-1118

PARK APARTMENTS

concerts, movies, events,
restaurants and more.

express
nightout
expressnightout.com

XX172 (x1.5)

DC RENTALS

1 BRs Starting @ \$785
2 BRs Starting @ \$895
3 BRs Starting @ \$1150

Meadowbrook Run

- Newly Renovated Property with Large Floor Plans
- Free After-School Learning Program
- Resident Control Access
- Large, Walk-In Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat
- 3BRs also available

www.wcsmith.com

3647 6th St., SE • Washington, DC

877.819.3121

300 Off
1st Month's
Rent!
\$0 Application
Fee

NEWLY RENOVATED
APARTMENT HOMES!!!

COOL OFF WITH
CONVENIENT LIVING AT
GARDEN VILLAGE

1.877.238.8216

RENT STARTING AT

\$795 1-BR

\$955 2-BR

*While supplies last. Must sign lease by June 25

1 BR From \$725

Alexander Gardens

- Refinished hardwood floors
- Wood grain cabinets
- Individual controlled heat-A/C
- Resident controlled access

www.wcsmith.com William C. Smith & Co./EHO

1615 17th St., SE • Washington, DC 20020

202.684.9409

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

1 Bedrooms: \$795
Open Daily 8-7 • Sat. 10-2

DC RENTALS

DELWIN APARTMENTS

4200 S. Capitol Street, Washington, DC 20032

1/2 OFF
Sec. Deposit
Move-In
Special

www.DELWIN-REALTY.COM

- Large 1 & 2 Bedrooms Available
- Starting From \$750
- Water, gas and sewage included!
- Metro-Bus Stop on the property
- Private Pkng • Laundry Room

OPEN SATURDAYS!!

202.561.4675

Your Property Management Solutions

GREENWOOD MANOR APTS.

2343 Green Street SE • Washington, DC 20020

MOVE IN
SPECIAL
1/2 OFF SEC.
DEPOSIT

www.DELWIN-REALTY.COM

- 1 & 2 Bedrooms Available
- Starting From \$750
- Private Parking Lot
- Spacious Floorplans with Hardwood Floors
- 5 Minutes to the Green Line Metro

OPEN SATURDAYS!!

202.678.2548

Your Property Management Solutions

1 Bedrooms: \$805
2 Bedrooms: \$975
Open Daily 8-7 • Sat. 10-2

SE - Randall Highlands

CALL FOR SPECIALS!!!

Hillside Terrace

- Beautiful Apt. Community
- Renovated Kitchens & Baths
- Ample Closet Space
- Close To Shopping
- On and Off Street Parking

Free
Application
Fee
with
This Ad

www.wcsmith.com

1812 23rd St., SE • Washington, DC

866.646.7056

KEEP COOL

W/ Central Air @

Friendship Court Apts.

4632 Livingston Rd., SE

NO APPLICATION FEE
DEPOSIT SPECIAL

Large 1 & 2 Bdrms Available

Starting @ \$766.00

CALL OR STOP BY TODAY!!!

866.754.1028

new qualified applicants Professionally Managed by CIH Properties, Inc.

SE

Ready for a Springtime change?

Make your move to Banneker Place Apartments

1 BRs \$815!

- Close To Metro, Schools & Shopping
- Intercom Access To Every Bldg.
- Great Location In A Park-Like Setting
- Laundry Facility On Property

\$10 App Fee
\$99 Security
Deposit

BANNEKER PLACE APARTMENTS

866-759-3646

Professionally Managed by CIH Properties, Inc.

SE

Hot Specials!

RECENTLY REDUCED RENTS

Affordable apt in well maintained gated
community • 7 Days to Save

1BR \$765* • 2BR \$885*

Free Rent
& 0 Security
Deposit

Mon-Fri 8am-5pm
Sat 10am-5pm
Sun 12pm-5pm
New Application Only!

FREE APP FEE,
FREE HEAT, GAS, WATER

FRIENDSHIP CROSSING APTS.

202.640.4789

Professionally Managed by CIH Properties, Inc.

SE

LOOK WHAT'S BLOOMING

AT CAPITOL PARK PLAZA!

• ALL UTILITIES INCLUDED

• Balconies with Spectacular Views

• Fitness Center/ Swimming Pool

• Walk to 4 Metro Stations

• *Pet Friendly

201 I Street, SW • Washington, DC 20024

1.877.870.0243

M-F 9-6, Sat. 10-5, Sun 12-4

Edgewood Restrictions Apply*
Income Qualifications

SE

THE BARAC CO.

DC MD & VA Apt. Rentals - EHO

Visit our Website

www.thebarac.com

(202) 722-2100

WASHINGTON, DC - 1, 2 & 3 BR. NE, NW, SE
& SW Starting at \$1000. Section 8 Welcome
Please call 202-270-4279

MD RENTALS

SE

Two bedrooms \$1119*

W/D in every apartment

2-bedroom lofts available

- Free off-street parking
- Easy access to Metro rail

Royal Courts

866.208.9686

3719 4th Street, SE

*Income restrictions apply. Call for details

SE

Forestville

Regency Pointe

1, 2 & 3 BRs starting at \$850

• Exciting renovations
underway

• Spacious floor plans

• Pleasing closet space

• Swimming pool

• Pet friendly

866-906-4875

www.reviveurlifestyle.com

THE DONALDSON GROUP

Bad Credit? Good Rental History? Move Now!
DC/MD/VA. Let us help you! Madison Park. Corpo-
rate Leasing. 800-287-5238 or 301-873-0359

DIVE INTO SAVINGS

CALL FOR OUR
SPECTACULAR
SAVINGS

• Free Cable w/ Premium Channels

• 24 Hour Fitness Center

• Wall to Wall Carpet

• Metro Accessible

• Spacious Floorplans

• Magic Johnson Empowerment Center

• Sparkling Pool

1-888-244-8670

5033 57th Ave., Bladensburg, MD 20710

Must Sign Lease By 6/10/2011

MD RENTALS

Bladensburg

The Phoenix

Rents Starting At \$940

- Spacious Floorplans • Minutes to Wash. DC, BW Pkwy/495, Shopping
- New Fitness and Business Center
- Controlled Access • Washer/Dryer**
- Pool • Small Pets** • Impressive Views

****Select Units**
(866) 807-0429
www.phoenixaptsmd.com

THE DONALDSON GROUP

MD RENTALS

LET'S MAKE A DEAL!!

ADDISON CHAPEL APARTMENTS

1525 Elkwood Lane • Capitol Heights, MD 20743

OPEN HOUSE - JUNE 15-18

SPIN FOR YOUR PRIZE!!!

- Free Accent Wall • Coffee Maker • Crock Pot
- Designer Kitchen Or Bathroom
- Application Rebate • Zero Base Deposit

CALL TODAY
301-773-6462
INSTANT PRE-APPROVAL

1 BR from \$869
2 BR from \$969

*Price subject to verification

SCOTT QUALITY HOUSING WITH SUPERIOR CUSTOMER SERVICE!

MD RENTALS

Woodland Springs

NO APPLICATION FEE!

Security Deposit
As low as \$350 or up to 1st month's rent based on credit history

301-760-4270

6617 Atwood Street • District Heights, MD 20747

MD RENTALS

University City

*Up to \$500 off First Month's Rent**

*Restrictions Apply

1 BEDROOM From \$849
2 BEDROOM From \$1049
 + Small Fee for Utilities

1-866-405-6986

2213 University Blvd. E • Hyattsville, MD 20783

MD RENTALS

Hyattsville

CASTLE MANOR

866-464-0993

Ask About our MOVE-IN SPECIAL

1 & 2 Bedroom Apts.
Ceiling Fans
Lovely Setting
Nr. the New ARTS DISTRICT
Close to Shopping & Metro

ALL UTILITIES INCLUDED!

Gateway Gardens
Apartment Homes

• NO Application Fee
• Newly Renovated Apartments
• Short-term Leases Available
• Providing Service 7 Days a Week

4203 58TH AVENUE
BLADENSBURG, MD 20710
gatewaygardens.net

HOURS: M-F 9-6, SAT/SUN 9-5

888.448.9013

RIVERDALE - 3 BR, 2.5 BA TH, finished out basement, section 8 ok, owner agent. 25/m Call 301-529-4838 or 240-654-4046

1, 2, & 3 BR Apts **Huge 2 BR Townhomes**

Parkview Gardens

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737
www.parkviewgardensapartments.com

GATED COMMUNITY

Fitness Center on Property
Beautiful Kitchens-
Granite Countertops**

• Washer/Dryer**
• Outdoor & Indoor Pools
• Free 6 week summer camp

****Select Units**

Riverdale Village

800-767-2189

09 Riverdale Road • Riverdale, MD 20737

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling
- *select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

LANDOVER

Kings Square Apartments

877-898-6958

402 Dodge Park Road • Landover, MD 20785
 Just minutes from the New Wegmans

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp

HYATTSVILLE

Fleetwood Village Apts

866-315-8849

21 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE (with this ad)
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our FANTASTIC SPECIALS

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!

EQUAL HOUSING OPPORTUNITY

Forestville, MD **EHO**

1 Month FREE

on 2 Bedrooms!*
\$99 Deposit!*

Large walk-in closets
 Refreshing pool
 Metro bus at your doorstep
 Pet Friendly

Income Restrictions Apply. Call for Details

Penn Mar Apartments
866-473-0036

*limited time offer for qualified applicants

Forestville

OAKCREST TOWERS

APARTMENT HOMES ALL UTILITIES INCLUDED*

HUGE, SPACIOUS & CHIC
FLATS • STUDIO • EFFICIENCIES!
 From \$679

Controlled Access, Gated Entry, Tennis Courts, Fitness Center, Convenience Store, Dry Cleaners, 1.5 Miles to Metro, Party Rooms, Accent Walls, Brand New Renovated Apartments and so much more!!!

For a limited time only / SOME RESTRICTIONS APPLY

CALL NOW (888) 831-6315
 2100 Brooks Drive • Forestville, MD 20747
*For a small fee

WWW.OAKCRESTTOWERS.COM

FORT WASHINGTON

55+ Living at its BEST!!!

FREE RENT*

1 BRs only \$925/\$99 Sec. Dep.

- Health Ctr, Exercise Rm & Activities Rm
- Elevator, On-Site Laundry care
- Theater, Hair Salon, Convenience Store
- Central A/C, Dishwasher, W/W Carpet
- 24 Hour Maintenance
- Income restrictions apply

WOODSIDE VILLAGE
 6801 Bock Road
1-877-902-6752
*if you move in by 6/15

TEMPLE HILLS

HEATHER HILLS

• • • Apartments • • •

1, 2 & 3 Bedrooms
Starting at \$870

- Spacious floor plans • Washer/dryer**
- Amazing closet space • Fireplaces**
- Controlled Access • Activity Center

on select apts. *in select apts.

301.637.6153
www.transformurlifestyle.com

THE DONALDSON GROUP

HYATTSVILLE **EHO**

CYPRESS CREEK APARTMENTS

Apartments Starting at \$992.00
\$99 Security Deposit
(limited time only!)

- 5% Fed. Govt & Student Discounts
- Washer/dryer in each apartment
- Minutes to Metro, Howard U. & DC
- Fitness Center and Club H ouse

Call Today! 888-217-1901
 5603 Cypress Creek Dr,
 Hyattsville, MD 20782
CypressCreekApts.com

Hyattsville **866.507.2283**

Summer Ridge

1829 Belle Haven Drive, Hyattsville, MD 20785

- Electronic entry building system
- Free business center
- Free after school program
- Walk to grocery stores
- Newly renovated laundry facilities
- Metro Accessible

Credit & Criminal Screening Required.

*Income Qualifications	
# Occupants	Maximum Income
1	\$43,500
2	\$49,680
3	\$55,920
4	\$62,100

www.summerridgeapartments.net
summerridgeleasing@comcast.net

Edgewood
Performance. People. Pride.

Hyattsville

Quincy Manor/ Monroe Gardens

1 Bedrooms Starting From \$685	2 Bedrooms Starting From \$800	3 Bedrooms Starting From \$965
---	---	---

5 Minute Pre-Approval
 Call Now For Details **301-277-6610**

HYATTSVILLE **ARTS DISTRICT**

GARFIELD COURT APARTMENTS

Ask About Our -MOVE IN SPECIAL-

- ♦ On residential street next to DeMatha High School
- ♦ Off-street parking
- ♦ Ceiling Fans

1 and 2 BEDRM APTS. AVAIL.
(tenant pays electric)

301-779-1734

Suitland

Cool Down With The Villages At Montpelier

NOW LEASING
1 + den, 2 & 3 bedrooms

Move in by 6/30/11 for a chance to win 4 passes to

Six Flags

866.914.9712

Instant Pre-approval at a Reasonable Price!

Southview
 Apartment Homes

- Free application for 1 bedroom and studios
- Studios starting at \$733
- 1 bedrooms starting at \$853
- We consider all credits
- Instant pre approvals
- Month to month leases
- Renovate apartments
- Updated kitchens
- Balcony/patios

1309 SOUTHVIEW DR., OXON HILL, MD 20745
southviewapts.com
888.801.3692

1 Bedrooms from \$840

2 Bedrooms from \$999

Just Bring 2 Pay Stubs & Drivers License!!!! By Appointment Only

3839 64th Ave.
 Landover, MD 20785
202-315-1118

CHEVERLY CROSSING

Parkland Village Apts
 1BRs from \$879 Move in by 6/15. 2BRs \$1089 W/D, W/W Carpet, D/W. No Pets
 Income restriction apply. EHO.
 Call Today Parkland Village 1-866-310-7446

MD RENTALS

CARLYLE AT HARBOR POINTE
1,2,3 Bedrooms
Starting @ \$650
1(866) 906-3677



Amenities

- \$0 Security Deposit
- Gated Community
- Pool - Laundry Rooms
- Renovated Units
- Close to 495 & 295
- 3.6 Miles from National Harbor
- 24 Hour Maintenance
- Hardwood Floors! (select units)
- Ceiling Fans (select units)

Under New Management

Bad Credit? Ask for second Chance program!

Come visit us!
Carlyle @ Harbor Point
1(866) 906-3677

5618 Livingston Terrace
Oxon Hill, Md 20745

EST HEIGHTS

PARK FOREST

Free shuttle van service from metro
apartments starting @ \$830
Offering Government discount
All credit considered
625 Audrey Lane
Oxon Hill, MD 20745
877-221-7315
www.theparkforest.com

Th 9-6pm • W 10-7pm • Sat 10-5pm

LANDOVER

Maple Ridge

888-583-3045
52 Brightseat Road • Landover, MD 20785

- Right by the new Wegmans
- Gated Community
- State-of-the-art fitness center
- Free Gas & Water
- Free 6 week summer camp

OXON HILL

Colonial Village

888-583-3047
908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT FANTASTIC SPECIALS

LANDOVER HILLS

Calvert Hall Apartments

877-203-6036
3817 64th Ave. • Landover Hills, MD 20784

- Gated Community
- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Eat-In Kitchens & Large Closets

GREAT LOCATION! SMART CHOICE!

HYATTSVILLE

Fletchers Field Apartments

866-805-0782
5249 Kenilworth Ave. • Hyattsville, MD 20781

Call Now for Our FANTASTIC SPECIALS!

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp



Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4

MD RENTALS

1BR, 1BR+DEN, 2BR, 2BR+DEN AVAILABLE!!!

Rosecroft Mews APARTMENTS



Move-In Special

1 BR \$859

1 BD + DEN

2 BD \$999

2 BD + DEN \$1099

W/D, D/W, WALL-TO-WALL CARPET, SPACIOUS CLOSETS, FITNESS CENTER AND SWIMMING POOL
A FEW APARTMENTS LEFT

Up to \$200
Prorate If
Moved In By
June 15th

HOURS
8:30AM to 5:30PM
MON-FRIDAY
10:00AM to 5:00PM
ON SAT

email: rma@finesagroup.com

2428 CORNING AVE. • FT. WASHINGTON, MD 20744

FINESA 866-652-4957

1 BRs Starting @ \$875
2 BR Flats Starting @ \$985
2 BR Duplexes Starting @ \$1075

Camp Springs

Courts At Camp Springs

- Newly Renovated Community
- Spacious Floor Plans
- Convenient To Metro
- Available For Immediate Occupancy

\$300 OFF
1st Month's
Rent
\$0 App. Fee

www.wcsmith.com

888-731-6453

SILVER SPRING -- Ga Ave & Biltwy. Forest Glen
Metro 2BR SPECIAL \$1295 • 1BR \$1150
Includes all utilities. 301-681-2776

Call Now for Our FANTASTIC SPECIALS!

MD RENTALS

Montgomery Towers Apartments

1 Bedroom Apartments
starting from \$1292

ALL UTILITIES INCLUDED!

Close to downtown Silver Spring, quiet building, central a/c, hardwood floors, spacious, ample closets, some with balconies, on-site laundry facilities, near public transportation.



Lazara Chappotin 301-589-6000 ext. 112

Frank Emmet Real Estate, Inc. 301-589-6000

Frank Emmet Real Estate, Inc.

SILVER SPR/Forest Glen Metro

Ask About Our

Move In Special

1 & 2 BEDROOM GARDEN APTS
Close to the Forest Glen Metro
Off-Str. Prkng / Controlled Access
Ceiling Fans
UTILITIES INCLUDED

Forest Glen Apartments
301-593-0485

Silver Spring

Renovated 2 BRs \$1415
Short Term Leases Available
Includes Water and Gas

Enjoy our park setting, adjacent tennis courts and rec. center.

Designer kitchen & bath avail

Min. from Sil. Spr/Beth. Metro

Access controlled bldgs.

Highspeed internet/tv avail

Community swimming pool

PADDINGTON SQUARE

8800 Lanier Drive. Silver Spring, Md. 20910

(866) 531-0263

Silver Spring

HILLBROOKE TOWERS APTS.

AVAILABLE NOW!

MOVE IN SPECIAL!

\$200 Security Deposit *

1 BRs from \$950

UTILITIES INCLUDED

Newly renovated mid-rise apts. CAC, disposals, assigned free parking.

Walk to Metro!

240-393-7386

515 Thayer Avenue

*with good credit

\$0 Deposit

\$200 OFF at move-in

Shadyside Garden

2 BR Special \$999

1 BRs \$879

must move in by 5-31-11

We're Waiting For You!!!!

FINESA 301-735-5000

MD RENTALS

SUITLAND

Station Square APARTMENTS



You Get June FREE

If you move in immediately on 1,2,& 3 BDRs,

Enter in a drawing to win 4 season passes to Six Flags

If You Pre Lease For June or July Receive 1/2 Off First Month's Rent.

ALL UTILITIES INCLUDED

3400 Pearl Drive, Suitland, MD 20746

1-866-439-5078

Suitland

1 BRs Starting @ \$875
2 BRs. Also Avail.

\$300 Off 1st Month's Rent

\$0 App. Fee

Suitland

Capital Crossing

- Newly Renovated Community
- Spacious Floor Plans
- Convenient To Metro
- Available For Immediate Occupancy

Renovated Units Available

www.wcsmith.com

866.204.8061

FOREST VILLAGE Apartment Homes



Ask About Our

\$844

Move In By 6/15/2011

- W/D in Every Unit
- Wall to Wall Carpet,
- Spacious Floor Plans

301-735-0100

4400 Rena Road • Suitland, MD 20746

fva@finesagroup.com

SUITLAND

DIRECTLY ACROSS FROM METRO

Rent Special!

MOVE IN FOR \$499*

1 & 2 BRs from \$755

SPECIAL LOW DEPOSIT!

UTILITIES INCLUDED!

Remodeled w/new Kitchens

Hardwood floors, Mini-blinds

Laundry facilities on-site/FREE Parking

SILVER HILL APTS.

301-423-3131

*plus deposit. Call for details

MD RENTALS

SUITLAND

PARKWAY TERRACE

1 BRs fr \$810

2 BRs fr \$890

\$20 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply

877-608-6548

3415 Parkway Terr. Dr. Suitland, Md.

Mon-Fri. 9am-6pm. Sat. 10am-4pm

Takoma Pk/Silver Spring

1 Bedroom Start at \$875

2 Bedrooms Start at \$995

3 Bedrms Start at \$1095

GREAT LOCATION!

Belford Towers

866-485-9179

belfordlease@beaconmanagement.com

www.beaconmanagement.com

TAK PK—New Hamp. Ave.

A GREAT LOCATION!!

HILLWOOD MANOR

301-891-2270

1 BEDRMS fr \$885

2 BEDROOMS ALSO AVAILABLE

ALL UTILITIES INCLUDED

LOVELY PARK-LIKE SETTING!

OFF STREET PARKING

HARDWOOD FLOORS

Housing Choice Vouchers Welcome

Temple

OXON PARK APARTMENTS

301-894-3030



MOVE IN SPECIAL!!!

\$400 First Month's Rent

\$0 Application Fee

\$200 Security Deposit

1 Bedroom Starting at \$790

All UTILITIES INCLUDED!

- Three Blocks From Metro Station
- Minutes From Shopping Center
- Wall To Wall Carpeting
- On Site Emergency Maintenance



1 & 2 BEDROOM APARTMENTS AVAILABLE

FOR IMMEDIATE OCCUPANCY

HURRY!! LIMITED TIME

MD RENTALS

EHO

FREE UTILITIES

2 Bedrooms \$899*

2 huge walk-in closets 2 BRs
Close to Metro & major highways
Laundry facilities in each building
Call for Details!

New Parkway
(301) 423-7799

*limited time offer

VA RENTALS

BRAGG TOWERS
EXTENDED STAY HOTEL

Unmatched Efficiencies: \$378 Wk + \$1380 Mo
• Internet • Utilities • Housekeeping

South Bragg St, Alexandria, VA 22312
703-354-6300 • www.BraggTowers.com

Alexandria—Townhouse - \$2,700; 3 bedrooms
w/ own full bath; 3 minute walk to Van
METRO: 2 car gar, 1/2 Ba, WD, 703-585-2878.

4901 Seminary Rd., ALEXANDRIA, VA
SOUTHERN TOWERS
Agency from\$875* 2 Bedroom from.....\$1430*
3 Bedroom from.....\$1100* 3 Bedroom from.....\$1740*
Spacious Penthouse From \$1875*

HURRY!
-They're
Going Fast

NO SECURITY DEPOSIT

- Metrolux at front door to Pentagon & Van Dorn Metro
- Spacious Rooms • 24-hour front desk
- High-speed internet access available
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395

I-395 to Seminary Rd., West exit to Southern Towers
Immediately on right. 6 Month Lease Available!
Please Call Now for Details!
*All Prices & Specials Subject to change without notice.
M-F 9-5, SAT 9-5, SUN 11-5
Call our leasing office today!
703-485-4154

ALEXANDRIA

Meadow Woods
APARTMENTS

GE NEWLY RENOVATED APARTMENTS

1 Bedroom \$1045 2 Bedrooms \$1344

Great Location... Walking distance to shopping, dining and entertainment
minutes to the National Harbor, Ft. Belvoir, Capital Beltway and much more
Government & Military Discounts available*

Free in by April 20 and included in a drawing
win a 42" TV.

Now **888.823.7689**
WWW.MEADOWWOODSAPTS.COM
*Some restrictions apply.

- Hi Rise Duke Street
All Utilities Included
1 BR Starting at \$1153
2 BR Starting at \$1411
Close to Metro, shopping, entertainment.
GREAT VIEW!
703-751-7576

ROOMMATES

ANDREWS AFB Area- Nice furn room,
area, kit priv. \$600/mo. or \$175/week. Call
301-467-0981

BOWIE, MD- Clean, furnished, W/D,
ets. \$165 a week, all utilities & cable included.
301-537-5433

ital Heights, MD - Professional applicant,
Room for rent, share bath and kitchen.
\$500 + 1/2 utilities. 301-801-8992

CLINTON, MD - 1 large room with private
bath. \$125/week all utilities included.
Miss Green 202-290-9256

DC/NE - \$580/\$600 Furn rm Prof F.
Ba & kit. No Smoking, CAC. Near Metro.
Utis incl. 202-241-0715

ROOMMATES

FORT WASHINGTON, MD- Share SFH. Fully furnished room with refrigerator, microwave, CATV.
\$175/week. Call 301-775-0019

LANHAM/COLLEGE PARK- 1 furnished BR in home avail. Male pref \$550 incl all utis. Sec dep. Call 240-423-7923

MOUNT RAINIER, MD—Beautiful rooms for rent.
1 person per room. M/F. \$625-\$675, utilities included. Near bus. Prof Mgmt. 301-220-1613

NE, DC- Professional person.
Room available for \$600. Cold AC. Close to Metro.
Please Call 301-537-1992

NW- Furn room, close to Metro,
\$160/wk. Includes utilities
& cable TV. Call 301-537-4710

ROCKVILLE/SS, MD- 2 rooms. Near shop & transportation P/N/S. \$450-\$575+ security, utilities included. 301-343-6198

Rockville—Twinbrook \$495+1/4 util, prof NS M/F share 4 br, 2 ba, Granite kitch, AC, DW, WD, FP 1.5 mi to METRO, yard, deck, 301-990-0091

SILVER SPRING, MD- Share 2 BR,
near Metro & Montgomery College, N/S.
Background check. Call 301-585-1810

SILVER SPRING-1&2 rms, W/D, shops, by bus,
nr Glenmont metro, phone/ cable/incl utis, pool.
703-994-3501

SUITLAND: quiet mature environment,
Family oriented, Share Facilities. \$600.
240-535-5364.

UPPER MARLBORO- Beach Tree- Lux. 3BR
TH, resort style comm. w/ golf course & bike path
\$850/mo incl Utis Call 301-535-8424

CONDOS FOR SALE

ARL/BALLSTON- Furn 1 BR, 1 BA, utis incl, W/D,
A/C, granite cntrs, hd wd flrs, nr metro/shopping,
\$1,495/m Sell \$295K MUST SEE 703-351-0777

HOUSES FOR SALE

ACCOKEEK- \$169,700. Great Investment!
5BR, 3.5BA in preconstruction. Over 5000sf.
Recently appraised \$530k. 301-735-7151

HYATTSVILLE \$217,000
New On The Market - Totally Renov.
3BR, 2BA, lrg fam rm, sep LR & DR, upgraded kit
granite, SS appl, maple cabinets, CAC, gas heat
& cooking. A Must See. Call Leslie @ Carter
RE 703-587-4575 PG 7623744

KINGSTOWNE \$488,888
5711 Clapham Rd. (22315)
End unit TH, 2 resv pkg sp, 3BR, 3.5 BA, deck
w/patio, fncd extended bkyrd, backs to trees.
703-587-4575 FX 7622177

CARS

CADILLAC 2002 DEVILLE - 100K miles, custom
cloth top, pearl white, beige lthr int., Northstar
eng, new Michelin tires \$5000. 301-371-7896

CHEVROLET 2003 SUBURBAN 2500- 4 Wheel
Drive, champagne, 21,000 miles, mint condition,
loaded. \$17,500. 301-292-3587

INFINITI 2006 M35X- Prem. lux pkge w/all
ammmities, \$26,000/obo
Call 240-434-8617

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

WANTED
100 GOOD PEOPLE WITH BAD CREDIT
• None Established • Bankruptcies • Judgments
• Charge Offs • Repossessions • Tax Liens

**New Test Program For Automobile
Financing Special Allocation of Funds**

NEED A CAR - CALL NOW
Call Mr. Samuels Today • 1-877-877-5557
Laurel Kia Used Cars & Trucks

LEXUS 1994 LS400. Runs well.
\$2000 or best offer.
Call 301-292-0212

NOBODY PAYS YOU MORE FOR YOU UNWANTED
CARS & TRUCKS ANY CONDITION 202-200-2000

SATURN 2000 SC- Auto, 4dr, cold AC, sunroof,
clean body, blue, \$1600 firm
Call 202-744-7187

\$\$\$ WILL BUY HONDA
ACCORD OR HONDA CIVIC \$\$\$
1990-2005, any condition. Call 301-467-0426

BOATS & AVIATION

SUNDANCER PONTOON 2000 200C- Red, 20',
Suzuki eng, 60 HP, model DSF60TLKO, 75 hrs,
2006 long trier, PT2024G, \$6,000. 571-926-8152

Women: Is Your Drinking Causing Problems?

Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

Call: 301-496-1993

TTY: 1-866-411-1010

www.clinicaltrials.gov

Study #: 10-AA-0046



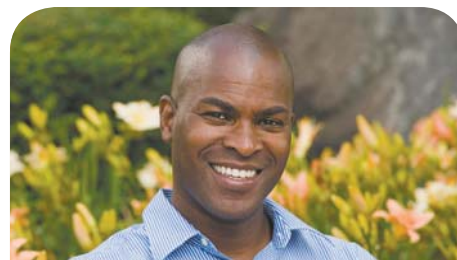
NIH CLINICAL CENTER
National Institutes
of Health

NIAAA
National Institute on Alcohol
Abuse and Alcoholism

AFRICAN STUDY

A study at NIH is recruiting healthy black African men and women to understand diabetes and heart disease risk in Africans.

Were You Born In Africa?



Must Be:

- Born in Africa
- 18-65 years old
- Requires 3 visits
- Compensation provided
- Refer to study # 99-DK-0002

Please call (301) 402-7119 • <http://clinicaltrials.gov>

Department of Health and Human Services • National Institutes of Health • National Institute of Diabetes & Digestive & Kidney Diseases

Place your Classified ad today.

202-334-6200.

express
expressnightout.com

lookout



One More Round
Nadya Suleman will don boxing gloves for 'Celebrity Boxing' **39**

Sound Bets



COURTESY MARIE LOSIER

Musical Movies

ays anticipate the sonic screen- at Silverdocs, running June 20 to t the AFI Silver Theatre. This time nd, two of the smaller films cap- d my heart.

The Swell Season," directed by August-Perna, Chris Dapkins and o Mirabella-Davis, tracks the rise of Irish musician Glen Hansard and Czech singer Markéta Irglová as musical partners and their demise as romantic ones. Their tale is like a sad ballad: easy to understand, universal in its appeal.

The story behind Marie Losier's "The ad of Genesis and Lady Jaye" isn't dy: Musician Genesis P-Orridge (of s Throbbing Gristle and Psychic and his wife, Lady Jaye, underwent ical transformations to become ysisically alike as possible. Their ance runs deeper than most: Do ove your partner so much that, like ridge says, "There's this moment re you just want to consume each r, and not be individuals anymore?" apturing uncommon passion and ering it relatable is what makes a t documentary — and great art.

Download Now:

Godstar" by Psychic TV (1984)
Falling Slowly" by Glen Hansard and Markéta Irglová (2007)

Comments? Give Christopher your feedback: expressnightout.com/soundbets

'Eclipse' Transcends

Journey's new record is a throwback to the mysticism and love of the '60s and the '70s

Album Review

A clear idea for Journey's new album, "Eclipse," led guitarist and co-founder Neal Schon to turn "downright belligerent" in the studio with his bandmates and co-producer Kevin Shirley.

"I went in with not only confidence, but I was ... hard-headed about making sure I made the record that I wanted to make," Schon tells Billboard.com about making "Eclipse," which debuted at No. 13 on the Billboard 200. "We fought. Kevin and I went around and around, and I went at it with Jon [Cain] until we got our heads together, and then things finally took their course. But I'm really glad that I just stuck with it.

"This was kind of a vision of my record, and I'm grateful to the band for finally letting me do one," he added.

"Eclipse," Journey's second studio album with Filipino lead singer Arnel Pineda, is marked by lengthy, hard-rocking songs that harken back to the band's first three albums. Schon calls it "a more stadium-rock record, like our 2011 version of [1983's] 'Frontiers,' maybe, a bit more progressive and not afraid to go in some areas we've never been." Nine of the 12 songs on the Wal-Mart/Sam's Club exclusive set weigh in at more than



ETHAN MILLER/GETTY IMAGES

Journey singer Arnel Pineda performs in front of a video image of guitarist Neal Schon.

five minutes, and there's markedly more instrumental soloing than on 2008's "Revelation" and most other Journey albums.

"We have the greatest hits, and all of the newer records that we've made, we've written songs that

sound like our greatest hits," Schon says. "I felt like there were a lot of grooves that were missing in our set, like funky rock grooves and stuff like that, and I just felt like writing for what I wanted to play onstage and what I felt would work.

Evolution

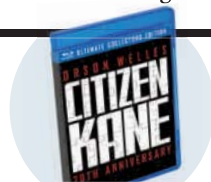
Supporting Role

"Eclipse" comes out the same year that Journey's best-selling album, 1981's "Escape" — and its hit "Don't Stop Believin'" — turns 30. But while guitarist Neal Schon calls it "my favorite record that we've ever done," he says the group would rather be making new music than necessarily commemorating its past: "We're here to support our new record — and play bits and pieces from 'Escape' and all of the other records, too. It's not just about the one." ([BILLBOARD.COM](http://Billboard.com))

I felt like we didn't have enough rocky stuff in our set, so knowing that ... brought me to the conclusion that we needed to make our record like we did."

Schon says Cain and Pineda also "went with" him on the album's lyrical content. "It's about love, faith, hope and spiritualism," he explains. "A lot of our other songs are about hope, but this one is just a bit more mystical, I feel. It's got a late '60s/early '70s kind of mystical vibe, which is one of my favorite eras, so I love it."

Journey is on tour in Europe and will return to North America for a summer run that kicks off July 15 at the Rock USA festival in Oshkosh, Wis., before beginning a run with Foreigner on July 21 in Sandy, Utah. **GARY GRAFF** ([BILLBOARD.COM](http://Billboard.com))



Coming Up Rosebud: "Citizen Kane," one of the most acclaimed movies of all time, will premiere on Blu-ray on Sept. 13 with a 70th anniversary collector's edition. The movie was co-written, directed and produced by a then-25-year-old Orson Welles, who also starred in the picture. The film told the story of a controversial publishing tycoon. Warner Home Video is going back to the original nitrate for a hi-definition restoration in 4K resolution. (AP)

top stops



1 Uke Can Do It
One of our favorite things about Beirut is that this American indie band that plays Balkan folk music and is named after Lebanon's capital has a huge following in Brazil. All over Brazil, tribute bands gather to play covers of Beirut's music on the closest thing Brazil has to a ukulele (it's called a cavaquinho). Bet you feel like a fair-weather fan now. **Black Cat, 1811 14th St. NW; 8 p.m., \$30 (sold out); 202-667-7960, Blackcatdc.com. (U St.-Cardozo)**

2 He Shall Overcome
Biographical plays in which an actor impersonates a famous singer and performs his or her greatest hits are all too common, but Penumbra Theatre's "I Wish You Love" is focused more on Nat King Cole's struggle for equal rights than on his amazing vocal prowess. Though you'll get to experience that, too — don't worry. **Kennedy Center, 2700 F St. NW; through June 19, \$34-\$40; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

3 She Shoots, She Scores
Katy Perry has had hit video after hit video, finding new and unusual things to shoot out of her bra — we're rooting for squirrels in the next one. It's possible she won't focus quite so much on the cleavage antics during her show at Merriweather, but you can expect insane costumes and a lot of enthusiasm. **Merriweather Post Pavilion, 10475 Little Patuxent Parkway, Columbia, Md.; Wed., 6 p.m., (sold out); 410-715-5550, Merriweathermusic.com.**



Anthony, get people talking about your bulging biceps instead.

Join now and June is FREE!*



washington sports clubs®

MySportsClubs.com • 18 D.C. metro-area locations

*Requires a 1-year membership. Monthly dues are waived from 6.1.11 - 6.30.11. Joining fee and processing fee are due upon enrollment. Sales tax where applicable. Not transferable. No cash value. Cannot be combined with any other offer. Offer expires 6.14.11.

GW GRADUATE CERTIFICATES AND MASTER'S DEGREE

LANDSCAPE DESIGN & SUSTAINABLE LANDSCAPES

Turn your passion into a marketable career.

With its emphasis on small-scale landscape design, our programs enjoy a strong reputation in the area's landscape and horticulture industry.

Stackable credentials.

Depending on your experience, our certificates can stand alone, or both may be stacked together for a Master's Degree in Landscape Design.

Convenient.

Courses meet evenings and weekends in our new Arlington location, in Ashburn and in local gardens.

Information Sessions

**Tuesday, June 21
6:30 pm**

**Wednesday, July 20
6:30 pm**

NEW LOCATION

950 N. Glebe Rd., 6th Floor
Arlington, VA 22203
Metro: Orange line to Ballston

Rsvp Today!

202.973.1130
nearyou.gwu.edu/landscape

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradapply



entertainment **lookout**

EA Takes Its Best Shot

'Battlefield 3' could deal thunder from 'Call of Duty' series

ming

ond the flashing flat-screens, ing speakers and "booth babes" st week's Electronic Entertainment Expo, there was no bigger showdown at the video game industry's annual extravaganza than the brewing between "Call of Duty: Modern Warfare 3" from Activision Blizzard Inc. and "Battlefield 3" from Electronic Arts Inc.

For the past four years, Activision has reigned supreme with its "Call of Duty" franchise, breaking game sales records and earning critical acclaim for its polished shoot-'em-up realism. The Santa Monica, Calif.-based publisher may finally have a worthy adversary when EA releases "Battlefield 3" on Oct. 25, two weeks before "Modern Warfare 3" comes out Nov. 8.

Naturally, it's good for the consumers to have one of these heavyweight fights that's going on right



Attendees line up at the EA booth in Los Angeles to play "Battlefield 3" last week.

now," said Karl-Magnus Troedsson, general manager at Stockholm, Sweden-based "Battlefield 3" developer DICE. "The objective ... is about winning over ourselves, to ensure that we make the best game."

While the goal of "Call of Duty" and "Battlefield" is the same — shoot combatants, preferably in the head — when their newest sequels are released this fall, they will have several other similarities. Most notably, both are set amid modern-day worldwide conflicts

with soldiers fighting on expansive urban battlegrounds in such cities as Paris and New York.

DICE developers are plotting for "Battlefield 3" to look sleeker than previous editions. They've developed a new version of their Frostbite game engine to craft the sequel, which promises more realistic graphics, fuller sound and amplified environmental destruction. "We're a generation ahead of what's out there," said Frank Gibeau, president of EA Games. **DERRIK J. LANG (AP)**

ADHD

We are conducting a clinical research study for an investigational non-stimulant medication for children ages 6 to 17 with Attention Deficit/Hyperactivity Disorder (ADHD).

Study-related ADHD assessments and study medications are provided at no charge.

Travel costs may be reimbursed for each visit.



NeuroScience Inc.

703-787-9090

NeuroScience, Inc., 106 Elden St., #17, Herndon, VA

www.neuroscience-inc.com

**I Know You're Distressed!
I Know You're Confused!
Don't Walk Away!
I Can Help!**

Don't let the bank foreclose on you and ruin your good credit for years to come — instead let me help you sell your house for less than you owe; get the lender to **RELEASE** you from further liability; limit the amount of bad marks on your credit; and live in your home **PAYMENT-FREE** until it sells.

CALL ME NOW:
(301) 656-1222/(703) 893-0505
or **VISIT:** www.LenderRelease.com

There's a huge difference between life after foreclosure and life without foreclosure!

Copyright 2010 Frank Sanya



Frank Sanya

CERTIFIED DISTRESSED PROPERTY EXPERT™

(301) 656-1222
(703) 893-0505



RE/MAX
2000 REALTORS
Each office independently owned & operated.
(301) 881-1700 (0)

LIPOSUCTION-TUMMYTUCK.com

SPECIAL ENDS SOON!

0% Down Financing Government & Military discounts No credit check Guaranteed financing

vita
LABORATORY

Before After

24hr & 1 St. NW | 202.452.1332 | 301.738.6766 | 703.533.1025 | www.vitasurgical.com

LIPOSUCTION-TUMMYTUCK.com

SPECIAL ENDS SOON!

0% Down Financing Government & Military discounts No credit check Guaranteed financing

vita
LABORATORY

Before After

24hr & 1 St. NW | 202.452.1332 | 301.738.6766 | 703.533.1025 | www.vitasurgical.com

**WANT TO REACH
20,000
GOVERNMENT
EMPLOYEES?**

www.EmployeeStore.org
can give you the exposure for
as little as \$25 per month.
Interested?

EST. 1969
**THE
TAILORED
MAN**

HONG KONG CUSTOM TAILORS

Fine Hand-Tailoring for Men and Women

SUITS FROM \$550 • SHIRTS FROM \$65

WASHINGTON, DC SHOWS:

Grand Hyatt - Washington, DC
June 16th (Thursday)
1000 H Street NW

Hyatt Regency - Capitol Hill
June 17th (Friday)
400 New Jersey Avenue, NW

Hyatt Regency - Reston
June 20th (Monday)
1800 Presidents St. -
Town Center

Westin - Tysons Corner
June 21st (Tuesday)
7801 Leesburg Pike

SPECIALS:

1 Suit & 2 Shirts: **\$599** • 2 Suits & 3 Shirts: **\$1099**
6 Shirts: **\$325** • 3 Piece Suit & Shirt: **\$675**

5243 Duke St. • Alexandria, VA • **866.751.7868** / **571.529.0539**
- By Appointment Only - www.tailoredman.com/appointment

**Run a race with the best incentive
to cross the finish line!
Help us end Alzheimer's disease.**

**Alzheimer's Association®
Brain Health Blitz Races**

**June 19: Gaithersburg, MD
June 25: Bethesda, MD**

**Featuring 5K timed races and 2K fun runs.
Open to all ages.**

Register today!
www.alz.org/nca **800.272.3900**

alzheimer's  association®

National Capital Area Chapter



Funded in part by
Montgomery County
Aging and Disability Services.

WeekendPass makes the weekend artful.
Every Thursday in Express.

Have you served your country in Iraq or Afghanistan?

- Did you experience something **horrible** that you can't get out of your mind?
- Do you drink **alcohol** to help you cope?
- Are you **jumpy**, irritable or easily angered?
- Is it **hard to trust** or love other people?
- Have you **lost interest** in activities you once enjoyed?

Current or former service members between the ages of 21 and 50 who have the above problems may qualify for a four to five week inpatient research study looking at the effects of a new medication for individuals with Post-Traumatic Stress Disorder and alcohol problems. There is a chance of receiving placebo (an inactive sugar pill). There is no cost for taking part and people will be compensated for their participation. During the inpatient stay, participants will receive medical detoxification if necessary, and will also receive alcoholism treatment including group, individual, and family therapy. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.clinicaltrials.gov

Protocol # 09-AA-0136



NIH CLINICAL CENTER
National Institutes
of Health

NIAAA
National Institute on Alcohol
Abuse and Alcoholism

Make this marathon more meaningful.



Sunday, October 30, 2011

Participate as a St. Jude Hero and support St. Jude kids like Noah.

www.stjudeheroes.org

Noah, age 6
acute lymphoblastic leukemia (ALL)

It's not too late! Entries available!

For more information contact Lisa Galik at
1-800-336-3083 or lisa.galik@stjude.org.

©2011 ALSAC/St. Jude Children's Research Hospital (07299)

**St. Jude Children's
Research Hospital**
ALSAC · Danny Thomas, Founder

GET fit Tuesdays in Express
A weekly section about how to look and feel and be your best.

express
A publication of The Washington Post

lookout entertainment

Spidey Keeps Tonys Swingin'

The cursed musical takes a ribbing as 'Mormon' wins big

Awards Show

A slew of acclaimed shows were up for Tony Awards in a remarkably competitive year, but a production that wasn't even eligible still managed to cast a shadow — well, shall we make that a web? — over the proceedings.

On a night when the hilariously profane "The Book of Mormon" reigned supreme, the famously troubled "Spider-Man: Turn Off the Dark" got attention both positive and negative at Sunday's Tonys. There was a performance — certainly rare for a show that hasn't even opened yet — plus a plug from its famous composers, Bono and The Edge. And, of course, there were the obligatory "Spider-Man" jokes, without which no awards show would be complete.

Even Bono was making jokes, saying he and The Edge "used to be famous for being in U2." Then he introduced Reeve Carney and Jennifer Damiano, who play Peter Parker and Mary Jane Watson, and a new ballad they perform in the retooled show.

At the top of the heap was "Mormon," which has taken Broadway by storm this season. It captured nine awards, including best musical, for its offensive yet good-natured look at two missionaries



Bono, left, and The Edge joke about "Spider-Man" at the Tony Awards.

who arrive in Uganda.

Trey Parker and Matt Stone, creators of the Emmy Award-winning "South Park," collaborated with Robert Lopez, who co-wrote the Tony-winning "Avenue Q." Collecting the best musical prize, Parker said he'd be remiss if he didn't thank his late book co-writer — Joseph Smith, the founder of the Mormon church. "You did it, Joseph! You got the Tony!" Parker said, looking skyward.

"War Horse," a World War I tale about horses told with wonderful puppetry, won five Tonys, including best play. The revival of Larry Kramer's groundbreaking AIDS play "The Normal Heart" won three, as did the revival of Cole Porter's "Anything Goes," with the terrific Sutton Foster, who won best actress in a musical.

JOCELYN NOVECK (AP)

TV Beat



Jessica Gets a Job: Jessica Simpson is taking on the role of mentor to aspiring designers for a new NBC reality series. The network said Monday that Simpson will help guide contestants in the series "Fashion Star" as they compete for a multimillion-dollar contract to launch their own brand. Elle McPherson will host the series, which NBC promises will be a "true spectacle." (AP)

TV tonight **lookout**

Clawing for Popularity

When romance mixes with hidden powers 'The Nine Lives'

Television

One day's she's 16 and never been kissed and the next, she has special catlike powers, killer nails and a legion of fans who just can't wait to get their hands on her.

That's the basic premise of "The Nine Lives of Chloe King." It's the latest to tap into the "Twilight"-inspired mania for tales of teens with hidden powers and brooding super heroes, kids who have to fight off evil conspiracies all night long. Still, it's not as if they can't still make it to homeroom on time. Chloe is a descendant of an ancient race that has been targeted by human assassins, and she may be the last, best hope.

Skyler Samuels ("The Gates") is in the title role of this series based on a series of books by Celia Catterall. She acquits herself well



Ki Hong Lee, Grace Phipps and Skyler Samuels star in "The Nine Lives of Chloe King."

kicking and fighting and fending off supernatural baddies. Her hardest acting job is convincing us that she was some kind of unpopular, anti-

social nerd before all of this unusual static began. Amy Pietz and Grey Damon also star. (UNITED FEATURE SYNDICATE/TRIBUNE MEDIA)

Best Bets

Cupcake Wars In the season premiere of this cupcake competition show, four bakers must use Southern cocktails as inspiration for their cupcake creations, with the winner's cakes displayed at a red-carpet celebration for the fabled race.

Memphis Beat As the self-appointed "keeper of Memphis," police detective Dwight Hendricks (Jason Lee, shown) has impeccable instincts for his job, but his loose, seemingly casual style drives his boss, Lt. Tanya Rice, up the wall.



After the Catch Hawaii is the setting for the new season of this "Deadliest Catch" spin-off, in which the captains of the Bering Sea crab boats discuss the past season. Mike Rowe hosts.



Hawthorne Marc Anthony reprises the role of Detective Nick Renata, whose plan to arrest Hawthorne (Jada Pinkett Smith, shown) over a foster care issue was derailed by what looked like a mutual attraction. That's obviously going to cause some complications in her relationship with Tom. (TRIBUNE MEDIA)

Reality TV

Motley Crew

Mention America's great zoos, and most people will think of the ones in the Bronx, San Diego and D.C. But don't overlook the Henry Doorly Zoo in Omaha. It has one of the most impressive animal collections in the country, and it's one of Larry's stops on "Only in America With Larry the Cable Guy" (9 p.m. on History Channel). He also visits Dakin Farms in Vermont and Gleason's Gym in Brooklyn. (TM)



LIPOSUCTION-TUMMYTUCK.com

Before After

SPECIAL ENDS SOON!

vita

0% Down Financing Government & Military discounts • No credit check • Guaranteed financing

24hr & 1 St. NW | 202.452.1332 | 301.738.6766 | 703.533.1025 | www.vitasurgical.com

MALE BREAST REDUCTION

Before After

SPECIAL ENDS SOON!

0% Down Financing Government & Military discounts • No credit check • Guaranteed financing

vita

24hr & 1 St. NW | 202.452.1332 | 301.738.6766 | 703.533.1025 | www.vitasurgical.com

IQ TESTED

THE FOUNDING CHURCH OF SCIENTOLOGY offers for a limited time, free intelligence and personality tests. Your IQ, personality and aptitude determine your future.

Know them. No obligations.

©2010 FCDC.

THE FOUNDING CHURCH OF SCIENTOLOGY®

Corner of 16th & P St, NW • (202) 797-9826 • fcfc@scientology.net

Love the hat! Where'd you get it?

Thanks! I made it.

fibre space™

102 N. Fayette St
Alexandria, VA
703.664.0344
www.fibrespace.com

Just five blocks from King Street Metro

Make your own.

DO YOU DRINK ALCOHOL?

- ✓ **Drink daily or almost daily?**
- ✓ **Are between the ages of 21 and 60?**

We are seeking men and women between the ages of 21 and 60 to study whether a medication for smoking cessation (CHANTIX™) may affect drinking (NIH Study #08-AA-0137). Volunteers should be healthy and drug-free. There are no charges for study related tests and evaluations.

Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

For more details, call

301-496-7500



NIAAA
National Institute on Alcohol Abuse and Alcoholism



WeekendPass makes the weekend top-rated.
Every Thursday in Express.

lookout online

Poll Center

Today's Question

DO YOU THINK GOVERNMENT INTERVENTION WILL HELP THE U.S. ECONOMY?

VOTE AT EXPRESSNIGHTOUT.COM OR
TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

DO YOU THINK ANY REPUBLICAN CANDIDATE CAN BEAT OBAMA IN THE '12 ELECTION?



Other than being black, Obama has done little different than Bush, and the country's economy, housing crisis and unemployment are either the same or worse."

ANONYMOUS COMMENTER

Only one candidate can beat Obama in 2012: Ron Paul. His message is consistent with his voting record, he would end wars Obama hasn't and restore the freedom we miss, like drug grope-free."

COMMENTER MICHAEL YINGLING

HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

"It's an interesting argument: I don't quite agree with changing a name to spur development, as where does it stop? Every Realtor and developer will be wanting to change names to help push their projects. That said, the Metro station isn't actually in Petworth (as most people define it) and is in Park View. So maybe Petworth-Park View?"

— **NEWCOLUMBIAHEIGHTS.BLOGSPOT.COM** REACTS TO NEWS THAT ANCIA RECENTLY VOTED TO ASK METRO TO ADD PARK VIEW TO THE GEORGIA AVE-PETWORTH METRO STATION NAME.

"The team behind 'Captain America: The First Avenger' has gotten their own poster, and HOLY CRAP it is awesome. ... Here's hoping the movie ends with Cap punching Hitler in the face and this becomes like, a retailer exclusive cover for the DVD."

— **BLAST-O-RAMA.COM** IS A BIG FAN OF THE MOVIE'S NEWEST PROMOTIONAL ITEM.



Blog Log



"Let's start to see MTV bring this series back! Jay-Z killed his way back when, and other artists should have the opportunity to put on a classic TV performance as well!"

— **WEALLSCHEME.COM** WANTS TO SEE A RETURN OF "MTV: UNPLUGGED" AFTER A PERFORMANCE BY LIL' WAYNE, SHOWN, AT CULVER CITY, CALIF.'S SONY STUDIOS AIRED ON MTV2 SUNDAY NIGHT.



"Part of me hopes she shaves her head, gets a few piercings and falls in love with a plump half-Jewish, half-black lady named LaToya Rosenberg. Just so we could witness the haughty Brit publications (and the royal family) go completely apoplectic."

— **JEZEBEL.COM** IS LOOKING FORWARD TO PIPPA MIDDLETON'S NEXT MOVE, NOW THAT SHE'S SINGLE.

express



automobile dealers

more cars on the net



@washingtonpost.com



LUSTINE DODGE
BRIDGE, VA 1-800-879-4701
1 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM



SHEEHY HONDA
ANDRIA, VA 703-660-0100
RICHMOND HWY WWW.SHEEHYHONDA.COM



BROWN'S MANASSAS HYUNDAI
MANASSAS, VA 703-361-9600
8651 CENTREVILLE ROAD MANASSASHYUNDAI.COM



LEXUS OF SILVER SPRING
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY TER. LEXUSOFSILVERSPRING.COM



DARCARS NISSAN
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM



355 TOYOTA
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM



KAY JENNINGS SPRINGFIELD TOYOTA
SPRINGFIELD, VA 703-451-0300
6570 AMHERST AVE. SPRINGFIELDTOYOTA.COM

KOONS TYSONS TOYOTA
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM



nine simple numbers

you learned by age 3

play **su | do | ku**

express

A Publication of the The Washington Post

puzzles lookout

Horoscope

MINI (May 21-June 20) You're in need of a little more information, and can receive it, though the channel through which you get it may surprise you.

ICER (June 21-July 22) Focus on doing the job done as well as you can, especially given that some of the tools which you usually rely will not be available to you.

(July 23-Aug. 22) You know how to maneuver your way around all kinds of obstacles, but you may come up with one that is more stubborn than expected.

GO (Aug. 23-Sept. 22) You may have to face certain consequences that ease tension and keep you from getting quite as comfortable as you had hoped in a certain situation.

RA (Sept. 23-Oct. 22) You can count on yourself lucky when all is said and done. A friend or loved one puts you at the head of the line in some way, and anticipated rewards beckon.

RPPIO (Oct. 23-Nov. 21) You may feel somewhat fragmented or disconnected at this time, but someone you know well knows how to restore your equilibrium and get you back in touch.

ITTARIUS (Nov. 22-Dec. 21) An issue that has been simmering for some time becomes rather polarizing, and you'll be the one to relieve tensions, but not until quite late.

RICORN (Dec. 22-Jan. 19) You can avoid sacrifice, but you may find yourself in the position you had hoped to be in. A squabble of sorts may break you off your game.

ARIUS (Jan. 20-Feb. 18) You will be able to follow instructions to the letter. Put yourself in the best position to receive information as soon as it is available.

ES (Feb. 19-March 20) You must try to cram too much into one day. Be sure that your priorities are in order, and that you are doing what you know best to do; stay in your comfort zone.

ES (March 21-April 19) You may not need of some entertainment, but a friend knows just what will do the trick, though you may not benefit from her efforts right away.

RUS (April 20-May 20) There's a reason for you to shy away from a task simply because you haven't done it before. You can learn by doing, and you're quite adept at improvising.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 208

E ₁	E ₁	I ₁	U ₁	D ₂	T ₁	R ₁
A ₁	A ₁	E ₁	S ₁	S ₁	G ₂	P ₃
E ₁	E ₁	O ₁	T ₁	P ₃	L ₁	M ₃
E ₁	U ₁	D ₂	D ₂	R ₁	N ₁	H ₄

--

RACK 1

--

RACK 2

--

RACK 3

--

RACK 4

3rd Letter Triple

Double Word Score

Yesterday's Solution

D ₂	E ₁	P ₃	L ₁	O ₁	R ₁	E ₁	RACK 1 =	70
C ₃	O ₁	M ₃	F ₄	O ₁	R ₁	T ₁	RACK 2 =	70
T ₁	H ₄	I ₁	E ₁	V ₄	E ₁		RACK 3 =	12
A ₁	C ₃	R ₁	E ₁	A ₁	G ₂	E ₁	RACK 4 =	60
PAR SCORE 155-165							TOTAL	212

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

7			9	5				
			4	3				
		2		8	4		6	
		8				6		
	6		1	4		3		
	1				2			
5		3	2			7		
			3	9				
			4		1			3

Yesterday's Solution

9	2	6	5	1	4	7	3	8
3	7	4	8	2	6	9	5	1
1	8	5	9	7	3	6	4	2
2	4	1	6	8	7	3	9	5
5	9	7	1	3	2	4	8	6
6	3	8	4	9	5	1	2	7
4	6	2	7	5	9	8	1	3
8	5	9	3	6	1	2	7	4
7	1	3	2	4	8	5	6	9

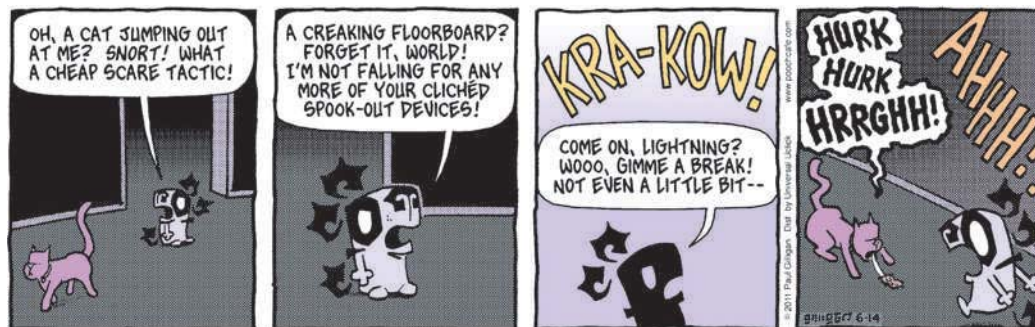
Need more Sudolku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



78 | 60

Today: A thundershower this afternoon. A thundershower in spots this evening.



82 | 63

Tomorrow: Intervals of clouds and sun tomorrow. Patchy clouds tomorrow night.

Looking Ahead



THU



FRI



SAT

78 | 66 83 | 67 83 | 67

Sun and Moon

Sunrise today: 5:42 a.m.
Sunset today: 8:35 p.m.
Moonrise today: 7:42 p.m.
Moonset today: 4:24 a.m.

Almanac

Normal high: 84
Record high: 96
Normal low: 65
Record low: 51

FORECAST BY ACCUWEATHER.COM ©2011

GEORGE WASHINGTON UNIVERSITY
Volgenau School of Engineering
Where Innovation is Tradition

TECH advance

Learn Grow Advance

PROFESSIONAL DEVELOPMENT PROGRAMS

Trainers with industry experience
Hands-on training
Time, evening and weekend classes
Continuing Education Units awarded
Payment plans available
Courses meet DoD 8570.01 requirements

202-993-1551
advance@gmu.edu

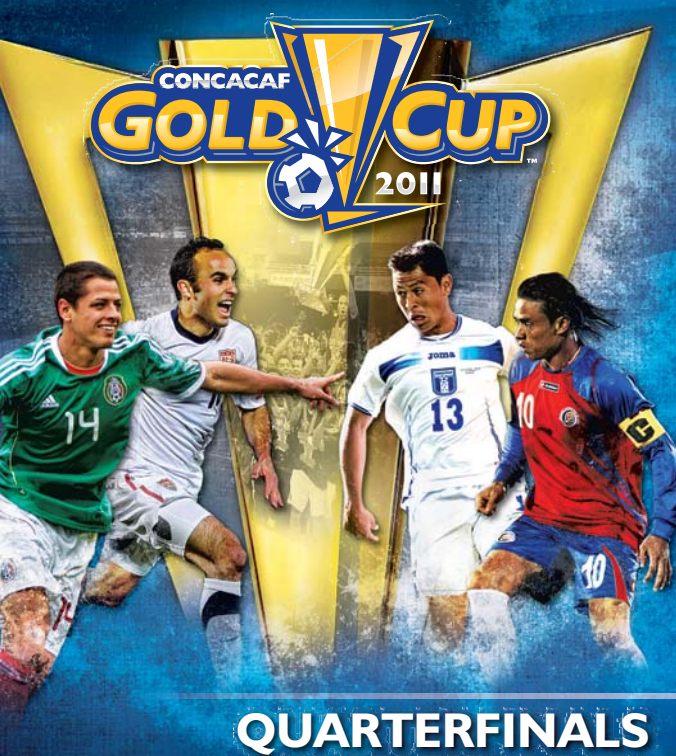
INFORMATION TECHNOLOGY

Microsoft Office Share Point 2010	June 13
Web Design and Developer	June 18
MCSE Windows 2008	June 21
MCP (Windows 7)	July 9
Information Technology Foundation (A+/Network+/MCP/CCNA/Security+)	July 13
Oracle E-Business Suite R12 Financials: Payables	July 19
Network+	July 23
Security+	July 30
CCNA	Aug 6
and more...	

For complete outline and schedule, visit our website at techadvance.gmu.edu

Arlington, Herndon, and Loudoun

Fees are for select courses are increasing effective September 1, 2011



QUARTERFINALS

SUNDAY, JUNE 19 | 3PM

RFK STADIUM | WASHINGTON D.C.

BUY YOUR TICKETS NOW!

VISIT TICKETMASTER.COM OR CALL 1.800.745.3000

Official Sponsors of the 2011 CONCACAF Gold Cup™



© 2011 CONCACAF. All Rights Reserved. Players are subject to selection by their national team. Teams subject to change. Images courtesy of Getty Images and MexSport.

WeekendPass makes the weekend rock.
Every Thursday in Express.

lookout puzzles

Crossword

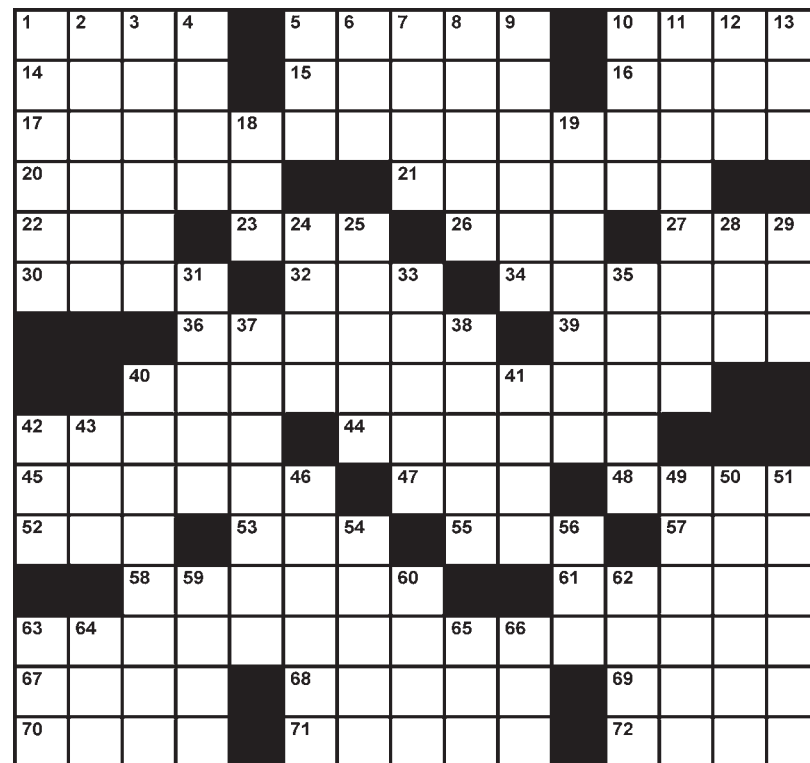
INSIDE MIDDLE MAN

ACROSS

- 1 New England catches
- 5 Wood used as a moth repellent
- 10 Killer whale movie
- 14 Cookie many take apart
- 15 Pet ____ (grievance)
- 16 What an adjective modifies
- 17 Pretty souvenir
- 20 Aftershock, for one
- 21 Felt sorry for
- 22 Period's place in a sentence
- 23 Soft food for babies
- 26 Lower, as headlights
- 27 Masseuse's employer
- 30 Dance fundamental
- 32 Old PC monitor type
- 34 Ongoing TV show
- 36 Old-time anesthetics
- 39 Rich mine deposits
- 40 Gift from home, to a college student
- 42 Eucalyptus muncher
- 44 SquarePants is one
- 45 Fly or mosquito
- 47 Bring action against
- 48 Design over
- 52 Part of a volleyball court
- 53 Animal in a sty
- 55 1860s soldier, informally
- 57 ____ nut (wheel fastener)
- 58 From time immemorial
- 61 American dogwood
- 63 Pet similar to a toy?
- 67 Emotional poems
- 68 Exit the premises
- 69 Alternatives to Levi's
- 70 Light bulb power unit
- 71 Lawn-trimming tool
- 72 Likelihood ratio

DOWN

- 1 Thickets of small trees
- 2 Familiarize with a new setting
- 3 Choose
- 4 Boozehounds
- 5 Topic in first-aid training
- 6 Incredibly wide shoe designation
- 7 Johnny who played
- 8 Stay away from
- 9 The ____ history
- 10 Without repetition
- 11 Place for a hot-dog stand
- 12 Dog catcher's prey
- 13 "Time ____ time again ..."
- 18 Baseball official
- 19 Periodbetween stimulus and response
- 24 Word with "head" or "belly"
- 25 Scrubs for surgery, e.g.
- 28 South Carolina's ____ Dee River
- 29 Horse's wild cousin
- 31 "The Power of Positive Thinking" author
- 33 Pitfalls



EDITED BY TIMOTHY E. PARKER

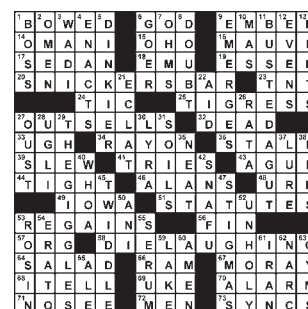
Sweeney

- 8 Stay away from
- 9 The ____ history
- 10 Without repetition
- 11 Place for a hot-dog stand
- 12 Dog catcher's prey
- 13 "Time ____ time again ..."
- 18 Baseball official
- 19 Periodbetween stimulus and response
- 24 Word with "head" or "belly"
- 25 Scrubs for surgery, e.g.
- 28 South Carolina's ____ Dee River
- 29 Horse's wild cousin
- 31 "The Power of Positive Thinking" author
- 33 Pitfalls

- 35 NASA acknowledgement
- 37 Windpipe
- 38 Search thoroughly
- 40 Flamenco dancer's clicker
- 41 ____-high to a grasshopper
- 42 Reunion group
- 43 It's its own square
- 46 Play a flute casually
- 49 Skipped over in speech
- 50 Engaged in swordplay
- 51 Shrek's mate, e.g.
- 54 Affixed with rubber cement
- 56 Halloween cry
- 59 Essential meaning
- 60 Pull behind

- 62 Without assistance
- 63 Put blades to blades?
- 64 Lupino of "High Sierra"
- 65 Holiday preceder
- 66 ____ diem

Yesterday's Solution



Today in History

1777 The Continental Congress in Philadelphia adopts the Stars and Stripes as the national flag.

1954 The words "under God" are added to the Pledge of Allegiance.

1985 The 17-day hijack ordeal of TWA Flight 847 begins as two Lebanese Shiite Muslim extremists seize the jet shortly after takeoff from Athens, Greece.

express



Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

EXPRESS STAFF: PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM
EDITOR—DAN CACCAVARO | CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ART DIRECTOR—LORI KELLEY | FEATURES EDITOR—JENNIFER BARGER | SENIOR EDITORS—VICKY HALLETT, SHAUNA MILLER, KRISTEN PAGE-KIRBY | SECTION EDITORS—KATIE ABERBACH, KATHERINE BOYLE, RUDI GREENBERG, MORGAN SCHNEIDER, SARA SCHWARTZ, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | EDITORIAL DESIGN—ADAM GRIFFITHS, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY | WEB EDITOR—CHRIS CHESTER

people **lookout**
ROYAL SNORING
'Generic Baby Remark.'
'An Attempt at Humor.'

Prince Albert II of Monaco and his fiancée, Charlene Wittstock, say they want to become parents soon after they tie the knot next month. "Starting a family is in our plans," Wittstock told a French newspaper. "I hope to have a child soon." "When we talk about a baby, you are looking at me. But I won't be carrying it," Prince Albert told the reporter. (AP)

DOUBLE SCHOOL
Is How He Shows You
Likes You. Just Ignore
him and He'll Go Away.

Kim Kardashian's lawyers are planning to bring a defamation lawsuit against football player Bret Lockett, according to TMZ.com. Lockett claimed earlier

that he and Kardashian had a one-month "physical relationship" while she was dating now-fiance Kris Humphries. This past Friday, he admitted he'd never met her. (EXPRESS)



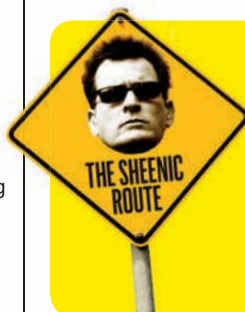
TOBY CANHAM/GETTY IMAGES

"Free child for every milk shake! Did I say that out loud? I meant free milk shake for every child."

NEEDLESSLY SINISTER

'And Now
You Belong
To Meeeee!'

Nadya "Octomom" Suleman will compete in a "Celebrity Boxing" event on June 29. Suleman is slated to participate in three one-minute rounds, wearing protective headgear. "I was always looking to get her in the ring," said Damon Feldman, CEO of Celebrity Boxing and Wrestling. "With her in-shape body, I'm sure she will be a perfect fit." (EXPRESS)

**Dirtbag Digest****Triumphant Maybe-Return**

Sources tell TMZ.com that a new television series is being written for Charlie Sheen to star in. The show will allegedly air on a broadcast network and will go straight to series without a pilot. The deal could be complete by the end of the week. (EXPRESS)

HYPERBOLE

It Was a Vertical Thing Made
Of Stuff; Call It What You Will

Tori Spelling tweeted about her "pretty big car accident" in which she "took down whole wall of school" Monday while trying to elude a paparazzo following her in his car. Police said she hit a curb, not a wall of the school. No one was hurt. (EXPRESS)


"They found me and picked me for the part. And now
I'm desperately trying to find my way through it."

— EMMA WATSON, TO VOGUE, ABOUT HOW SHE'S LIVED IN A BUBBLE AND HAS HAD NO CONTROL OVER HER LIFE BECAUSE OF THE "HARRY POTTER" FRANCHISE.

★ NATIONAL HARBOR ★

JOIN THE CELEBRATION

NationalHarbor.com ★ 1-877-NATLHBR

Located along the Potomac River next to the Wilson Bridge, easily accessed from I-495 and I-295

UPCOMING EVENTS

- ★ **American Market**
Saturdays, Now thru October 29
- ★ **Movies on the Potomac**
Fridays & Sundays,
Now thru September 30
- ★ **Beer, Bourbon & BBQ Festival**
Friday & Saturday, June 17 & 18
- ★ **Uncle Sam Jam**
Saturday, July 2
- ★ **Red Bull National Wake**
Saturday, July 23
- ★ **Cruisin' on the River Classic Car Show**
Saturday, August 6
- ★ **Chesapeake Crab & Beer Festival**
Saturday, August 20
- ★ **Abbey Road on the River**
September 1 thru 5
- ★ **Das Best Oktoberfest**
Saturday & Sunday,
September 24 & 25
- ★ **Wilson Bridge Half Marathon**
Sunday, October 2

FOLLOW US ON
FACEBOOK & TWITTER



BEHIND THESE GREAT WALLS

You'll Join the Company of Great Minds

GEORGETOWN'S McDONOUGH SCHOOL OF BUSINESS offers a transformational master's program for leading executives.

GEORGETOWN'S EXECUTIVE MBA is a 20-month accelerated MBA program that concentrates on core business disciplines with a **global** focus. Participants move through the program as a cohort, fostering a strong sense of **community** and close student-faculty **interaction**.

GEORGETOWN
UNIVERSITY

McDonough
SCHOOL of BUSINESS

**Join Us For an Evening Reception
or Breakfast Session to Learn More.**

Evening Reception
Thursday, June 16, 2011 | 6:00 p.m.
Ritz-Carlton Pentagon City
1250 South Hayes Street | Arlington, VA

Breakfast Session
Tuesday, June 21, 2011 | 8:00 a.m.
Ritz-Carlton Tysons Corner
11700 Tysons Boulevard | McLean, VA

To RSVP, visit
georgetownemba.eventbrite.com